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January/February 1983

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USGF GYMNASTICS

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The Other Side of the Ledger

On the cover: Ward Black

Ward Black is from San Jose, CALIFORNIA, and resides with Nancy and Bill Kraft at the Int'l Arts Center in Pleasanton, CA. Last December in Rome, Wardie, at the USGF Single Elimination Class competition, won the bronze medal in Men's Individual All-around. Mary Lou Retton and Diane Gartland also won bronze medals in the same competition. In January, Wardie was selected to represent the USA and Bill Kraft, respectively, at the Championships of the USA. In training sessions, his goal of making the 1984 USA Olympic team, plus his congressional responsibilities in China, Japan, while last year in Czechoslovakia, are joined and in the All Around.

Color photo by Diane Black

USGF GYMNASTICS Magazine

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USGF EDITORIAL

A NEW HOME FOR THE USGF

ROGER COURSIL

Recently, the USGF Board of Directors voted to relocate the USGF national office to the city of Indianapolis. The decision was prompted by several factors. Indianapolis is a most progressive city, and from the perspective of sports facilities, it is in need for the rest of the nation. Already in place in Indianapolis are facilities for conducting competitions in swimming, track and field, cycling, figure skating, basketball, tennis along with many other activities. The renovation that is on the campus of Indiana University-Purdue University at Indianapolis is the finest stadium I have ever seen. There is a separate stadium for track and field, and yet another stadium for tennis which hosts the U.S. Clay Court Championships annually. Indianapolis is a

prosperous mid-sized town exemplified by the Indy 500, the Indiana Pacers of the NBA and the success of last summer's USOC National Sports Festival.

The office for the USGF will be a temporary one until such time as our permanent home is completed. Our permanent home will be a facility which will be known as the Hesler Dome which will be a closed football/baseball/baseball stadium. This will house not only the national governing body for gymnastics but also track and field, which is already housed at temporary headquarters in Indianapolis.

Although the people in Fort Worth have been most supportive and quite enthusiastic about the sport of gymnastics, the USGF has been set back by the untimely death of our benefactor in Fort Worth, Mr. Ed Lutz of America Manufacturing Company. As a consequence, the future in Fort Worth has become less distinct, and we no longer have plans for a location of permanent headquarters here in Texas.

There is a committee in Indianapolis which has made a study of various gymnastics training facilities, not only in the United States but also in Europe. They are going to build a gymnastics facility which, I am sure, will be on a par with the already existing facilities that I have mentioned earlier. The gymnastics facility will be available to the USGF in the event we should choose to hold training sessions for any of our teams in Indianapolis. One of the primary interests of the Indianapolis people, however, is to make this new facility available for the community at large for gymnastics programs. In the sport of track and field, they have already hired the great Olympic runner, Wilma Rudolph, to conduct local programs, and I don't quite see that there will be a similar situation involving gymnastics.

Our timetable for moving the office is going to be as vigorous as possible. At the present time, we are undertaking the identification of temporary facilities to house the USGF National Office until such time as the move to the Hesler Dome can take place. At the present time, the timetable looks as if it will be sometime in the month of April or May 1983. As soon as we have established our temporary address, we will notify the gymnastics community of our new address and phone number. We are looking forward to the move, and even though we are going to be faced with some remodeling and break-in time in our new headquarters, we feel the move to Indianapolis is a new era in the sport of gymnastics in the United States. Our local benefactor in Indianapolis, the Eli Lilly Foundation, which is a foundation established by the Eli Lilly Pharmaceutical Company, is most supportive and has helped us already in many ways. They, along with the Indiana Sports Commission, I am sure will help to make our move much smoother, and consequently more efficient in conducting the various programs for the gymnastics community.





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KURT THOMAS... WORLD CHAMPIONSHIPS TOUR... USA vs. USSR

Three-time World Champion, Kurt Thomas, has applied to the USGF for a reinstatement of his amateur status. Thomas' application will first be reviewed by the Men's Program Committee and the Executive Committee of the Board of Directors. If approved, another application will be reviewed by FIG; and if his application is rejected by the USGF Thomas may appeal to the US Olympic Committee. Thomas retired from amateur competition in 1980 after President Carter ordered an American boycott of the '80 Moscow Olympics after the Soviets intervened in Afghanistan.

★ ★ ★

After a successful tour to Moscow for the 1980 World Championships, the USGF will again host a 1983 tour to Budapest, Hungary for the 22nd World Championships. The 10-day trip will depart from New York City on October 22, at a cost of \$1095. Further information can be found on page 20 or by calling Upchurch Travel at 1-800-433-5556.

★ ★ ★

In Colorado Springs at the Olympic Training Center, the Sports Center will host five USGF competitions this year. Two have already taken place—USA vs Japan Junior Men and the American Classic (first Elite qualifying for Women)—while the three remaining meets include April 1, USA vs Canada Junior Men; April 29–30, World University Games Trials for Women; and May 19–21, U.S. Classic (second Elite qualifying for Women). Also in Colorado Springs this year will be the USOC National Sports Festival, June 24–July 3, with gymnastics scheduled for June 30 to July 3 at U.S. Air Force Academy.

★ ★ ★

Also on the USGF competition calendar this spring is a USA vs Soviet Union Dual Meet in Los Angeles April 21–23. The Soviet Union has said they will send many of their top gymnasts including: For the women, Shishova, Mouskova, Efimova, Mnich; Kostyleva, Vlasova, Shkoda and Marzenina; adult for the men, Mokitis; Glebova; Abramov, Sait; Pogorelov; Artemov; Gabitov; Belousov and Martinkov. However, it remains to be seen who will actually get off to Los Angeles. Invited to compete for the USA Women include Michelle Danner, Lucy Collins, Julianne McNamara, Pam Bileck, Diane Durban, Gina Staljane, Michelle Goodman, and Mary Lou Retton. The invitations to the USA Men have not been finalized.

★ ★ ★



Many national-governing bodies have felt the financial crunch during this world recessionary period. For some, the facilities and opportunities at the Olympic Training Center have eased the burden. At the beginning of the new year, the USGF national office saw a staff shakeup to help ease the on-going cash flow situation. To insure a fitter economic program, Mike Jacki assumed the responsibilities as Events Director and Wayne Nichols became the in-house Comptroller. However, four staff members were let go: Debbie Foester, Kathleen DeLoach, Chris Cowan, and Dave Black.

★ ★ ★

In another national sponsorship activity, the McDonald's Head Over Heels Program is set to begin operation this spring. After months of research, review, and development and testing, the program designed to increase over-all gymnastics participation at the grass-roots level is just about finalized. For further information, contact the USGF/McDonald's co-ordinator at the USGF office — 817-985-7630.

★ ★ ★

For close to 10 years, the official publication of the Federation was the *USGF News*. The newly expanded and improved magazine, *USGF Gymnastics*, developed as a major benefit to the USGF's growing Membership Program. Uniquely, three brothers who total over 60 years of involvement in gymnastics have helped to develop the new magazine in three major areas: Dave Black (Southern Illinois University '75) is the major contributor of photography, Paul Black (Oklahoma '79) is the principal designer, and Ward Black (Michigan '75) handles editorial. Thus, given the opportunity — Hi, Mom and Dad!

★ ★ ★

Negotiations had been under way for months to select a permanent home for the national office. Last year when Fort Worth Industrialist Eddie Loft suddenly died, his company's commercial development plans were tabled during the increasing depression in the world oil market. Cities involved in a race included Indianapolis and the UTC in Colorado Springs. Fort Worth was also interested, and a number of proposals were on the table. The decision by a vote of the Board of Directors selected Indianapolis (see editorial on page 6).

★ ★ ★



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One philosophy the Los Angeles Olympic Organizing Committee (LAOOC) has established is that of serving the youth in the Southern California area prior to and during the '84 games. The LAOOC Youth Program's foremost aim is to offer thousands of school children an opportunity to participate in all 21 summer Olympic sports.

★ ★ *



Seven million Olympic tickets will go on sale this spring for an average price of less than \$18 for competitive events. The ticketing purchase plan includes an order form and an innovative computerized lottery system. Order forms, accompanied by a booklet of information, will be distributed through direct mailings and major retailers. Reportedly, applications will be available through Sears or J.C. Penney stores throughout the country some time between March and May. Sixty days after orders are received by LAOOC, a random drawing employing state-of-the-art computer equipment will award seats for the high-demand events. Order forms will include second and third choices and orders for non-high-demand events will be assigned on a first-come/first-serve basis. Within 90 days thereafter, the LAOOC hopes to confirm ticket purchases by mail. For further information, contact LAOOC (213) 209-1981.

★ ★ *

Another LAOOC project planned is the sale of a limited number of VIP seats at \$25,000. Portions of this money will be used to bus over 100,000 handicapped and disadvantaged spectators to various Olympic events during the games. Former Olympic athletes will serve as their assigned guides.

★ ★ *



When Olympic sponsors are awarded contracts, part of their responsibilities include participation in the Youth Program. Already the Coca-Cola Olympic Youth Soccer Tournament has boasted 7,000 competitors in six age divisions between 7 and 19. More than 12,000 youngsters qualified to compete in the McDonald's Olympic Youth Soccer Meet.

★ ★ *

Events prior to and post the games in Los Angeles include the V USOC National Sports Festival and — over five years away — the 24th Olympiad. The NSF returns to Colorado Springs, Colorado, and will be held June 24 to July 3. The first two years the NSF was staged (1978 and '79) Colorado Springs was the host city. The 1988 Summer Olympics were awarded to Seoul, South Korea. This marks the first time in Olympic history the games will take place on the Asian mainland, and some third-world representatives view Seoul as the first third-world city to host an Olympics.

★ ★ *

William Simon, former U.S. Secretary of the Treasury and now President of the U.S. Olympic Committee, will press for Olympic athlete eligibility reform. At a recent USOC press conference in New York City Simon said he would place his proposal for a liberalization of eligibility rules before the International Olympic Committee at every available opportunity. Simon has called the present rules "a can of worms" which are "rightly perceived as hypocritical." The USOC President also stated, "Endorsements should be allowed. They're going under the table now; everyone recognizes that. All I'm saying is legalize them."

★ ★ *

Some 1984 Olympic statistics: The summer games will have an estimated world-wide television audience of 2½ billion (more than half the people of the earth). Participating will be 12,000 athletes from 150 nations competing in 21 sports; 8,000 members of the media will be accredited.

★ ★ *



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For one last time, Nebraska's Jim Hartung leads the Cornhuskers' to victory over the Soviets and Japanese in Lincoln.

AN ENCORE PERFORMANCE

Article by Ward Black
Art and Photography by Dave Black

Lincoln, Nebraska—Last December, the United States Collegiate Sports Council (previously the governing body who administered U.S. participation in the World University Games) sponsored two simultaneous tours with collegiate gymnasts from Japan and the Soviet Union. These two foreign teams competed on a total of 11 college campuses (see results for team scores) during their two week visit.

On December 12, both teams visited the four time defending national champions, The University of Nebraska, and both the Soviets and Japanese arrived in Lincoln undefeated and perhaps a little edgy. The Russians had not won over Northern Illinois, Temple, Pittsburgh, Michigan and a strong Penn State, while the Japanese had beaten Minnesota, Iowa and Iowa State.

International collegiate eligibility rules are different than those of the NCAA. Four years of collegiate eligibility does not apply, allowing Nebraska student Jim Hartung to rejoin his teammates for an encore performance. And 8,000 Nebraska supporters came to watch as their Huskers the best team in the country took on the two traditional world powers from Europe and Asia.

Perhaps the most important event of the day happened five hours prior to Nebraska West Sister stepping onto the floor exercise mat for the first routine of the day. At the Cornhusker Holiday Inn, the event draw for competition was held at 11:30 AM. In this three man meet, the competition format was established to have three events going at one time with one greatest performing at a time. In any sport, always a major factor in determining the final outcome of a competition is what happens at the beginning. Even a simple answer for basketball is that



however, Nebraska's momentum did not begin right away. Both Sister and Jim Mikan fell on their floor exercise dismounts Sister under-retating a double fall and Mikan over rotating a tuck double back. But then freshman Chris Riegel threw the switch.

Nebraska Cornhusker Scott Johnson (above) receives a high five from teammate Chris Riegel after a 9.65 TKE routine. Nebraska's floor room scored a 48.15, which gave them a lead they never lost to either the Soviets or Japanese. (Right) Competition poster by artist Dave Black (photographed Jim Hartung) after all around performance.



NEBRASKA vs JAPAN vs RUSSIA



wearing a 9.06 and the powerful Nebraska floor-up in up and rock off, Ian Hartung took his first victory of the day after scoring a 9.9 to win the event. Hartung's routine combined strong tumbling (triple full mount, full in and double back elements) and strength and flexibility (side splits and straddle straight body turns to handstand).

Along with Regel and Hartung, Scott Johnson and Phil Coffey each had strong routines scoring 9.80 and 9.60 respectively. Even though floor exercise was Nebraska's second highest scoring event next to high bar by the same high bar rolled around, the meet was over and the scores were loose. Floor exercise was their best event of the day even with the two minors. Nebraska will get off to a fast and powerful start all season long against any and all other teams.

For Japan, their pommel horse was the lowest scoring event of the entire meet for all three teams. They only had one rater when Konstantin came off on his mount, but overall, they were just weak in comparison. Their difficulty was average, but what was surprising was their amazingly weak body position, swinging mostly from the hips and lack of explosive especially so in air work. They also struggled to keep form. The Japanese were never in the meet after pommel horse. They finished scoring 28.50, good enough to challenge for the NCAA finals, but it was like they were hardly on the floor for the remaining floor events.

As it turned out, rings were also the Soviets' lowest scoring event of the day at 46.60. Their next being parallel bars at 47.00. Both Mogilny and Arteson had misses and the rest just could not compete in strength to Nebraska or Japan. Except for Mogilny, their routine construction was strength, press, swing, then dismount. Borinov dismounted with a well executed beam-

"The same pattern continued... Nebraska surged on, the Russians kept chasing them and the Japanese struggled."

but his routine was nothing special, scoring 9.40. High score was Andrianov at 9.45. The Soviets had an uphill climb to catch Nebraska from then on.

The same pattern continued for all three teams throughout the following five events. Nebraska surged on, the Russians kept chasing them and the Japanese struggled. However, the momentum of the meet could have been quite different had the Soviets begun on floor. In the second round of competition, Nebraska started on in pommel horse, Japan on rings and the Russians in floor exercise. The Soviets competed well and even got the crowd with them on floor.

In contrast to rings, the Soviets low score on floor exercise was a 9.40. Their event score was their third best of the day at 47.85. They were consistent and showed excellent flexibility and some dance composition, but their major tumbling elements could not match Nebraska's. They had one missed routine and Arteson was out-of-bounds on his gilded full mount. Radik Gabibov highlighted the event with a 9.8 routine that included his "helicopter", which begins with flared circles on floor close with super leg flexibility and after a couple of repetitions he lifts up into a straddle handstand and does five spinning pivots in about three seconds before landing by lowering himself into split. All the gymnasts and the crowd love it... the Nebraska fans applauding until Gabibov comes back to the box and acknowledging their ovation at the end of his routine.

A gain on pommel horse, Nebraska had two rater routers, Johnson and Johnson, but the strength of Hartung, Coffey and Regel enabled them to pull off the Soviets for high score on pommel horse at 47.75. It was their lowest scoring event of the day. The Russians still managed to average a 9.55 for their five. Russian Valerian Mogilny might have scored the highest AA total of the night for his team at 9.60 for an 8.90 ring score. If蒙古国 recruited could, the top two "blue-chippers" would be Franklin, Mogilny and Valerian Arteson.



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NEBRASKA

counting scores. In my most notes after Caleo's name and score of 9.8 it was noted "this meet is over". If "Dandy" Don Meredith had been there in Lincoln at this picture of the competition, he could have started singing his lousy rendition of "Turn out the lights, the party's over", as he does on ABC's Monday Night Football.

Earlier this year, Coach Allen was training his team towards passing relay during the 1982-83 collegiate season except for the Soviet team. Even though through two events, Nebraska had four missed routines, with the addition of turning to the years team, it was obvious that no one was going to catch the defending NCAA Champions today.

"On this day Nebraska could say they had the finest collegiate gymnastics team in the world."

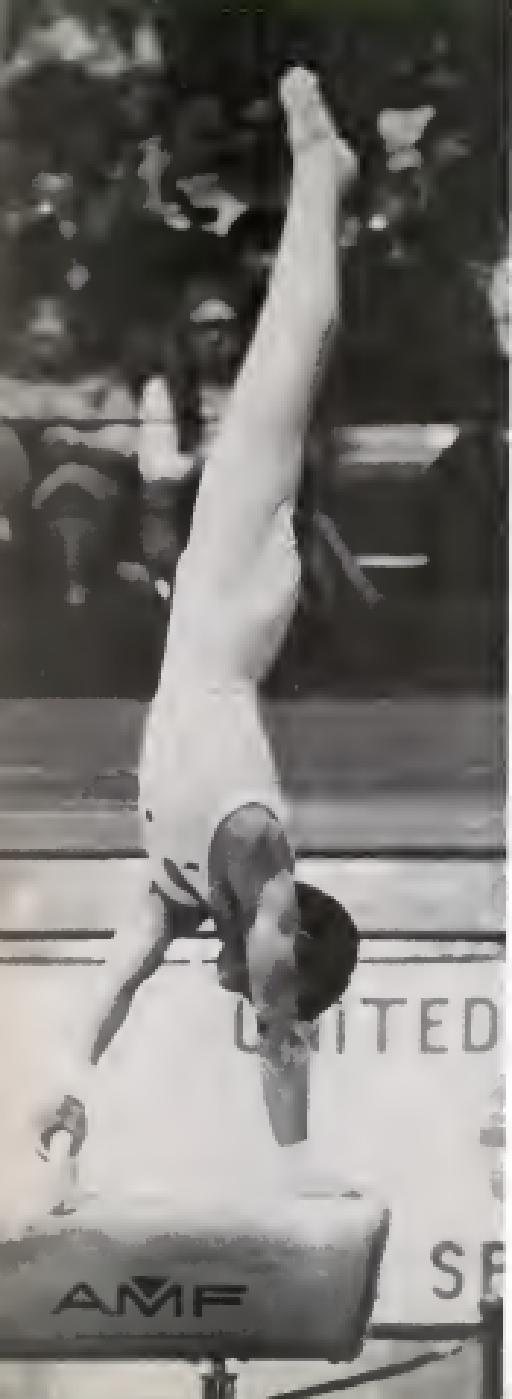
After two events, the running score stood at Nebraska 95.90, USSR 94.45, and Japan 93.35.

In the third round, Japan was again struggling on floor exercise. Watanabe scratched due to injury, and in the five remaining routines they had two misses. They still scored a respectable 47.15, but on rings, the traditionally strong Nebraska ring team went 48.65 while the Soviets on parallel bars scored 47.75. At the half way point the running score now stood at Nebraska 143.95, USSR 142.20 and Japan 140.50.

In the last half of the meet, only parallel bars became a

Glenn Bigot (left) earned a career high 37.75 on the all around; Jim Hartley (below), the preeminent 17-time All-American gymnast, who scored his personal best of 59.65 to lead the Americans to victory (right). Vladimir Arsenov demonstrates the amazing Soviet pattern play of leg flexibility on his T-bars.





parallel event. Yusheng basically canceled out itself as a throwaway event for all three teams. Only 20 separated the teams. Of the 17 total competitions, the following results were used — 8 handspring fronts with a half-twist, 4 handspring fronts, 3 twisting backflips and 4 layouts (backflips).

The judges on high bar appeared to thoroughly enjoy the event as did the crowd, and they put their scores on mass control. There were many fine performances, but the average high bar score turned out to be 9.633 which was a slight overstatement. For example, one routine was fairly stuck in composition including a front arm bar for a score of 9.70.

Nebraska's parallel bars team put the main competition out of reach. Scott Johnson won the event with a 9.86 score, with a routine that included the addition of a giant no handstand and a pair double-back somersaults (two backflips) off the bars. Hartung also released his routine over last year's. His new version is a one-and-a-half quarter turn no handstand and a body-twist to support and a swing pirouette towards the end of the act which helped him score .65 less than Johnson at 9.80. Cobey and Ringel each scored 9.65 as Nebraska 48.50 won the P/B event and moved their team into the last event with 1.65 lead over the Soviets and a huge .60 margin over the Japanese. In last year's Nebraska vs Japan meet, the Comanches won but by a slight margin in comparison, a .30 spread 283.90 to 283.40.

Final team score today: Nebraska 289.60, Soviet Union 286.65, Japan 280.65. Francis Allen's comment to the press, "I thought all three teams would be within one point of each other around 286 or 287. This has got to be the best win we've ever had. I can't think of anything that would compare to it."

The lack of Japanese from depth depth threw out of close competition, but individually their gymnasts demonstrated their individual power in the sport — (left) Minnesota on PV and a deposit double backflipping — another back-flip attempt from RIO (below) Scott Johnson running.



Photo by Gary Stoll



C13

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The parallel bars event had made the difference and solidified Nebraska's victory. High bar and vaulting were more or less a trade off for all three teams in those last three events of the evening. Nebraska had established its momentum early on, and their event average score was awesome at 48.36. The results were predicted to be much closer than the final outcome. However along with momentum, another word to perhaps keep in mind is perspective.

On this day Nebraska could say that they had the best collegiate gymnastics team in the world. They defeated the Russians and Japanese without question. In perspective the meet was overruled. The addition of Jim Hartung to this year's NCAA team also significantly boosted the Huskers team score but, most importantly, it should be kept in mind. The difference in development in the United States and in the Soviet Union and Japan. The Nebraska team's age range (ages 17-23), it included three USA World Championship team members, Hartung Johnson, and Cahay. Traditionally the USA National Team stems from this collegiate age group of competitors. In contrast, no top national team members from Japan or from Russia competed, and traditionally both countries began to push their gymnasts into their top ranks after they reach the age of 22.

These two thoughts, however, can be the only down side to make this Nebraska victory seem even somewhat hollow. More significantly in the actuality that 30 years ago this victory would never have been achieved by any American collegiate team. In 1972, the results would have read: 1 Japan, 2 USSR, 3 USA... and today, 1 USA, 2 USSR, 3 Japan. To be competitive with the best in the world consistently now since 1972 is the plateau the US men need to maintain in order to continue their challenge for the Olympic Gold.

Nebraska senior Phil Gately (below) hit 6 for 6 routines, finishing on high bar to help clinch the Commonwealth victory. Assistant Coach Kathie Gately led the team in the all-around (above right), on high bar. By using multiple one-man giant combinations, Russian Mityashy also deserves credit for the Soviets' increased use of big flexibility in his finished circuits in floor exercises.





**Nebraska
vs.
Soviet Union
vs.
Japan**
December 12, 1982
Lincoln, Nebraska

Nebraska

	F	P	R	V	PR	H	AA	Total
Jim Hubbard	9.60	9.60	9.65	9.75	9.80	9.80	9.80	58.00
Scott Johnson	9.80	9.10	9.35	9.60	9.65	9.65	9.70	57.65
Phil Colay	9.80	9.60	9.50	9.65	9.65	9.65	9.65	57.65
Chris Ruppel	9.65	9.70	9.40	9.75	9.65	9.65	9.75	57.75
Jim Niklos	9.20	9.60	9.60	9.75	9.65	9.65	9.70	57.55
Mike Suter	9.80	9.60	9.60	9.65	9.65	9.65	9.70	57.65
Mike Powers	9.20	9.20	9.20	9.20	9.20	9.20	9.20	56.80
Frances Hall								6.18

Soviet Union

	F	P	R	V	PR	H	AA	Total
Rodick Sabitov	9.80	9.45	9.35	9.85	9.80	9.80	9.75	57.65
Vladimir Artyukov	9.50	9.80	9.10	9.80	9.80	9.80	9.75	57.80
Aleksandr Kostyukov	9.45	9.45	9.45	9.80	9.45	9.45	9.75	56.75
Vladimir Mulygin	9.65	9.70	9.55	9.75	9.55	9.55	9.80	56.80
Sergei Ilyinov	9.45	9.35	9.10	9.75	9.35	9.35	9.45	56.70
Vladimir Semenov	9.45	9.45	9.35	9.80	9.45	9.45	9.50	56.80
Alesey Tetenkih								9.55

Japan

	F	P	R	V	PR	H	AA	Total
Toshiya Miyamoto	9.80	9.80	9.20	9.85	9.80	9.80	9.75	57.55
Masao Yamada	9.40	9.70	9.20	9.85	9.65	9.65	9.75	57.05
Nobutaka Iseki	9.55	9.90	9.50	9.75	9.85	9.85	9.85	58.00
Kazuyoshi Onoigusa	9.80	9.35	9.15	9.85	9.80	9.80	9.85	58.80
Kenji Kondo	9.50	9.35	9.50	9.75	9.60	9.60	9.55	57.80
Mitsuo Araiwa	9.80	9.25	9.25	9.85	9.80	9.80	9.85	58.55

Team Totals

	F	P	R	V	PR	H	AA	Total
Nebraska	48.75	47.75	48.00	48.85	48.75	48.80	48.80	239.50
Soviet Union	47.50	47.75	48.00	48.85	47.50	48.60	48.60	238.65
Japan	47.10	48.10	47.25	48.40	47.10	48.10	47.35	233.65



**Japan/USSR Tour
December, 1982**

Team Scores

Dec. 1 — at Duluth, IL	USSR:	281.35	Northwestern Illinois	279.40
Dec. 2 — at Champaign, IL	USSR:	216.85	U. of Illinois	274.35
Dec. 3 — at Minneapolis, MN	USSR:	214.25	Temple University	276.00
Dec. 4 — at Pittsburgh, PA	JAPAN:	287.75	U. of Minnesota	279.10
Dec. 5 — at Iowa City, IA	USSR:	214.85	U. of Iowa	279.85
Dec. 6 — at Akron, Ohio	USSR:	219.35	U. of Michigan	274.60
Dec. 7 — at University Park, PA	JAPAN:	253.70	Penn State Univ.	271.55
Dec. 8 — at Lincoln, NE	USSR:	361.75	Penn State Univ.	275.00
Dec. 9 — at Norman, OK	USSR:	200.55	Univ. of Nebraska	278.40
Dec. 10 — at Kansas City Kansas Community College (Lawrence) JAPAN:	JAPAN:	290.55	Univ. of Oklahoma	273.00

NATIONAL

COLORADO

COLORADO SPRINGS



WOMEN'S REPORT

A perfect score of "10" by 16-year-old Mary Lou Retton of Fairmont, W.Va., in the vaulting highlighted action at the American Classic gymnastics meet in Colorado Springs. The showdown was the first U.S. Gymnastics Federation National Women's Elite Qualifying Meet for the Championships of the USA and the 1985 National Team.

Retton's perfect score came on the second evening of competition at the new U.S. Olympic Sports Center at the Olympic Complex in Colorado Springs and settled a personal duel with another 14-year-old phenom, Dianne Durham of Houston, who eked out a 9.85 finish in the vault.

A total of 6,300 fans watched the American Classic at the new sports facility built by the USOC last summer to provide training and competition facilities for 12 sports.

Retton, coached by Bela Karolyi, former Romanian national coach who directed the fortunes of Nadia Comaneci at Montreal in 1976 and who then defected to the USA three years ago, won the all-around title, with Courtney Black of Los Altos, Calif., second and Durham in third place.

The junior division all-around title was captured by Randi Campagna of Huntington Beach, Cal. Tracy Butler of Worthington, O., was second, and Vicki Miller of Los Altos was third.

Gymnast Magazine

Mary Lou Retton (right and far right) dominated the American Classic with her awesome power. Since January, Mary Lou has changed her style in a layout. At left, pictured is her signature dismounting half-cut which scores a "10"! Kathy Bradley (below) shows ingenuity on her strong leap on floor to straddle angle to straddle front regrip the high bar.



Photo by Tom Black

**American Classic
First Elite Trials — Seniors
January 14, 1983
Colorado Springs, Colorado**

	V	BB	BR	JR	Total
1. Retton	10.00	9.90	9.90	9.85	39.65
2. Brook	9.95	9.85	9.85	9.80	39.40
3. Burton	9.90	9.85	9.85	9.80	39.35
4. Lorraine	9.85	9.80	9.80	9.80	39.20
5. Bazzano	9.80	9.80	9.80	9.80	39.20
6. Tammie	9.80	9.80	9.80	9.80	39.20
7. Neve	9.80	9.80	9.80	9.80	39.20
8. Elliott	9.75	9.70	9.70	9.75	39.00
9. Pepe	9.75	9.70	9.70	9.75	39.00
10. Orman	9.70	9.70	9.70	9.70	39.00
11. Ritterberger	9.70	9.70	9.70	9.70	39.00
12. Morris	9.70	9.70	9.70	9.70	39.00
13. Armstrong	9.65	9.65	9.65	9.65	38.95
14. Estabrook	9.60	9.60	9.60	9.60	38.80
15. Ross	9.60	9.60	9.60	9.60	38.80
16. Brumbaugh	9.60	9.60	9.60	9.60	38.80
17. Garske	9.60	9.60	9.60	9.60	38.80
18. Burman	9.55	9.55	9.55	9.55	38.65
19. Schreiber	9.50	9.50	9.50	9.50	38.50
20. Petekoff	9.50	9.50	9.50	9.50	38.50
21. Hines	9.45	9.45	9.45	9.45	38.40
22. Mersenn	9.45	9.45	9.45	9.45	38.40
23. Raisbeck	9.45	9.45	9.45	9.45	38.40
24. Moyley	9.40	9.40	9.40	9.40	38.20
25. Lefebvre	9.35	9.35	9.35	9.35	38.10
26. Johnson	9.30	9.30	9.30	9.30	38.00
27. Fukas	9.25	9.25	9.25	9.25	37.90
28. Sturt	9.20	9.20	9.20	9.20	37.80
29. McMullin	9.15	9.15	9.15	9.15	37.70
30. Dean	9.05	9.05	9.05	9.05	37.60
31. Dato	9.00	9.00	9.00	9.05	37.55
32. Miettak	8.95	8.95	8.95	8.95	37.40
33. Rintress	8.85	8.85	8.85	8.85	36.80





Deanne Burham

photograph by Diane Smith

WHERE IS THE 1983 CONGRESS GOING TO BE HELD?

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ANSWER: The Crystal City Hyatt, in the Washington D.C. area.

October 6-9, 1983

Mark your calendar now and make plans to attend! This Congress will set the stage for 1984. We are challenged to insert the '84 Olympic Movement and how it can benefit all of us at all levels of involvement.



Lady River



Diane Darke...

American Classic
First Elite Trials — Juniors
January 14, 1983
Colorado Springs, Colorado

	Y	UB	B8	FT	All Total
1. Campagni	18.49	18.60	17.7	17.4	72.56
2. Miller	18.15	18.38	17.75	17.8	72.18
3. Miller	17.89	18.45	17.85	17.65	71.89
4. Ayrton	18.55	17.30	17.15	18.28	71.25
5. Coonan	18.48	18.30	17.45	11.95	71.25
6. Sry	18.49	18.50	18.65	17.79	71.55
7. Wolda	18.49	18.45	18.45	18.05	71.88
8. Sims	18.49	18.29	17.95	18.85	70.58
9. Gandy	17.85	17.85	17.85	17.15	70.88
10. Rager	18.30	17.42	18.65	17.15	70.52
11. Spiker	18.50	17.80	18.35	16.35	70.05
12. Mori	17.40	18.45	18.10	17.05	69.80
13. Moulton	17.30	15.65	17.70	17.20	67.55
14. Bester	18.38	18.05	18.60	14.85	67.85
15. Olson	17.40	18.69	18.35	18.85	67.45
16. Jean	17.85	18.35	18.40	14.65	67.35
17. Perna	17.70	17.00	18.25	14.25	67.15
18. Puccia	18.10	18.42	18.45	18.65	66.95
19. Slobodny	17.70	17.70	18.10	17.20	66.70
20. Lepus	17.46	15.45	18.35	18.85	66.25
21. Gasko	9.45	8.90	8.65	9.15	36.15
22. Mar	8.85	9.00	8.20	9.10	34.95
23. Gunther	8.10	9.15	7.85	9.80	34.95
24. Gasko	8.95	8.55	8.10	9.80	34.55
25. Miller	8.79	8.45	8.65	8.70	34.55
26. Russell	8.09	8.68	8.45	8.80	34.45
27. Stevenson	8.55	8.90	8.95	8.70	34.20
28. Cooper	8.36	8.10	8.95	8.55	33.55
29. Johnson	8.15	7.80	8.30	8.25	33.50



Marie Zschalbberger



Marie Zschalbberger

INTERNATIONAL

SICILY WEST GERMANY SOUTH AFRICA SWITZERLAND
ITALY JAPAN NEW ZEALAND ENGLAND

CANTINA



WOMEN'S REPORT

ARTISTIC GYMNASTICS TOURNAMENT—Sicily Sun shine, flowers, beaches friendly people, a volcano, and "lots of pasta."

It was evident from the moment we stepped off the plane that the organizers of the competition intended to build this into a premier event. The American delegation: Judge Karen Patrice, Gymnast Kim Hillner (Berks — Reading, Pa.) and Cindy Koenenberry (Pleasanton — Allentown, Pa.), and myself were greeted warmly and shown every consideration.

The senior officials and many coaches inquired about Tammy Smith — who had been scheduled to compete — and expressed sympathy and concern about her injury. Many of them had been very impressed by her competition in France, and Agathas coach (Romania) was especially sorry she would not be competing in Catania.

Kira was welcomed warmly, and really captured their hearts. It was good for her morale since this was her first international competition, and she had come on very short notice.

This was the 4th Torneo "Città Di Catania" Trofeo "Trinacria D'Oro," and the organizers are so enthusiastic they have plans to build a new facility to house next year's competition. The Palazzo Dello Sport, in which the event is now held is quite old and small and could not do justice to the amount of work that obviously went into the meet's preparation.

Catania itself is situated midway along the east coast of Sicily. The whole area is a blend of ancient and modern times: lush vegetation, warm sun and gentle breezes, rugged, rocky coastline (some of it huge lava gray, rotten masses of volcanic lava), luxury beachfront hotels beneath mountains capped with the ruins of ancient fortresses, Greek amphitheaters, medieval towers and churches. It is impossible to go anywhere in Sicily without seeing the influence of all the cultures which have inhabited the region since the 13th Century B.C. — and dominating the whole scene — Mt. Etna!

We could see Mt. Etna from our hotel window! It is the largest, most infamous volcano in Europe, and its 140 known eruptions (the last just one month ago), included one of such magnitude that today, 500 years later, much of the headland in Catania is still covered with soft, spongy, dark reddish brown volcanic residue (not conducive to bathing).

We had two days of relaxed workouts before the meet. Both USA girls looked aggressive and eager for competition. Even though this was Kim's first international competition, she handled it well — composed, with good workouts. Cindy was hampered by a pulled hamstring, which was obviously aggravated by each day's practice.

The competition equipment was rheumatic, bars and beam were in good condition and both girls were pleased. The wood boards were very "dead," and the older rheumatic floor had very little spring — consequently, landings were extremely hard. Safety mats were used for bar, beam, and vault landing. The Romanians wanted to use a landing pad on floor, and the technical committee voted approval; however, when the Chinese refused to compete if the pad was allowed, the request was denied.

There were seven countries represented at the competition

USA, Romania, Peoples Republic of China, German Democratic Republic, Hungary, Czechoslovakia, and Italy. Bulgaria was invited but unable to attend.

Each country had been asked to select two gymnasts for the competition — one senior and one junior (14 and under) level gymnasts. As it turned out, Cindy Roseberry, 15 years old, and 13 year old Italian, Patricia Lucini, were the only junior aged gymnasts represented. At the pre-meet organization meeting, the other countries "explained" that they did not understand they were to bring one senior and one junior. Consequently, two squads were arbitrarily chosen. The junior squad included Cindy, Patricia Lucini, 15 year old Agathe (Romania), and 18 year old Katalin Klusik (Hungary).

The first day of competition was staged before a packed house and left no doubt that the Italian spectators were there to "cheer on" their country's gymnasts. The meet was handled very professionally, and considering the mixture of nationalities (and inter-generators) was smooth and organized. A portion of each country's national anthem was played at the opening ceremony, which was a very nice touch. The enthusiasm of the meet organizers was evident throughout the entire competition.

The junior squad started on balance beam. Cindy was up first and completed an aggressive routine — starting with flip-flop, flip flop back layout followed by her tucked double back dismount. The routine was performed without any major breaks; her 9.2 score was low. Kira started on uneven bars and performed an impressive routine, mounting with a handstand on low bar and a push front, some long hang big hip firefly, free-hip full pirouette, belly beat into a kip-kick — score 9.4.

Floor Exercise — Cindy's first run, triple full, second, Arabian, round-off flip-flop, full twist, third, double full. Since she had complained of a pulled leg muscle (later diagnosed as a pulled hamstring), and since it was competition 1B, we eliminated the double back. Her score was only 9.05 while the Italian Lucini's 9.4 consisted of first run, double full, second, Arabian, round-off flip-flop full twist, third, round-off flip-flop full.

Kira's second event, balance beam, gave her problems. She mounted strong with a round off back handspring and was doing well until a fall on flip flop, flip flop back-tuck, and again on her side aerial. She scored 8.5.

On vaulting both girls performed layout trakturn — both vaulted blocked well off the horse, but were piled down — identical scores — 9.25.

Kira gave an outstanding effort in her floor exercise routine. She mounted well and radiated throughout. She received a warm reception from the audience. First run, round-off, flip flop back tuck back, second run, round off flip flop full, flip flop back flip full, round-off flip-flop double full. Her score of 9.5 was second only to Agathe's 9.8.

Cindy performed a good bar routine which included her full pirouette into a giant and double flip-away dismount. Score — 9.3.

Floor played to an overflowing, exuberant crowd. This time our girls had their own cheering section, about 50 Americans from the US Army base, it was fun to have them there, and was a great morale booster.

The Finals format allowed each coach to decide which two events their gymnasts would compete. Because of increasing problems with the hamstring injury, Cindy only competed balance beam. She fell on her layout, scoring 9.0.

Kira competed vault, bars, and floor. She scored a 9.45 on floor taking third place. It was obvious to everyone that Kira was the

"Highlight" of the competition second only to "their" Patria. The crowd related to Kim both in and out of the gym—infact a second serving of dessert mysteriously appeared at her place during dinner. Being a "devoted gymnast" she didn't eat it, but it was very flattering. Both Cindy and Kim were kept busy signing autographs, and like well rewarded for their efforts.

Romanian Lavinia Apagiu was the most exciting gymnast in the competition. She displayed a strong desire to win. Her routines included high level skills. Floor exercise—first run, full sit, second run—2½ twist, step out front handspring, last run back double back. Bars—double, double pirouette dismount. Beam—round-off flip-flop mount, round-off layout, round-off double-back dismount. Vault—back 1½, twisting tailspin. She placed second all around, missing first by 1, which she lost by falling on her beam mount.

"The surprise of the competition was 13 year old Patrizia Luconi from Italy who captured first All Around."

The Chinese are becoming stronger on tumbling and vaulting. In floor exercise, Wei Li competed a double pike for her opening, ended with a back double (back)—and used a mat for her vault. Both girls were extremely consistent on beam. Wei—round off flip flop layout step out (flawless). Wei—round-off full, both used double back dismounts. Their total amplitude is impressive.

Soviet (Bulgaria) beam dismount—back walkover, flip-flop flip-flop, double-back. Pavlova (Czechoslovakia) bars—hand stand 1½ pirouette toe on sole circle 1½ over the low bar—catch low bar glide.

The surprise of the competition was 13 year old Patrizia Luconi from Italy who captured first all around. Beam—carried flip-flop, full twist stand. Floor exercise—weak tumbling, but good presentation. Vault—full-on full-off. Bars—mount front sitter, blind change, 1½ pirouette, back sitter, strong giants. Overnight this young lady became Italy's sweetheart and their new "Superstar".

The award ceremony was...magnificent! The prizes for first all around included a silk for coat, a 3 foot high trophy with a large marble base, and a gold plated traditional bowl. There were trophies given for each of the top seven juniors and top seven seniors, both all around and individual events, trophies for coaches and judges, and more gifts for everyone. We all needed an extra suitcase. "The bottom line"—Stedy was a delight—which didn't surprise a bunch of Italian ancestry.

Bonnie DAY&NED STEWART

Artistic Gymnastics Tournament September 25-26, 1982 Cantina, Sicily

	S	LB	BB	PC	Total	Pr
Nic Rival	CHN	9.12	9.10	9.19	9.45	37.30
Fiona Scott	SGB	9.12	9.10	9.10	9.40	37.30
Mihai Silvestru	ROM	8.80	9.26	9.10	9.30	36.25
Kathleen Kretschmer	HUN	8.05	9.55	9.18	9.00	36.25
Eve Miller	USA	8.88	9.23	9.48	9.85	36.95
Lauri Rostila	FIN	8.85	9.10	9.10	9.85	36.85
Isabelle Liseau	FRD	8.98	9.10	9.10	9.10	36.00
Patricia Luconi	ITA	9.70	9.10	9.10	9.45	38.30
Lavinia Apagiu	ROM	8.12	9.80	9.70	9.80	38.40
Jing Wei	CHN	9.78	9.10	9.25	9.85	39.70
Cindy Reschovsky	USA	9.28	9.25	9.38	9.65	38.88
Martine Proulx	TOH	9.25	9.40	9.00	9.70	38.75
Julia Jurado	HUN	8.82	9.25	9.00	9.10	38.55
Reinmarzuk	SGB	9.10	9.46	9.00	9.10	38.60

VÖLKINGEN

NEWS REPORT

DTB POKAL INTERNATIONAL—The format for the 1982 DTB Pokal was an interesting one. There were 23 countries present and there would be three gymnasts from each country competing with all three scores to count. The West Germans had a B Team as well so there would be a total of 24 teams. The afternoon (3:30 PM) session had the lower ranked team (primarily determined by the 1981 World Championships) along with the West German B Team. I would imagine that the inclusion of the West German B Team kept some spectator interest in the meet although only perhaps one third of the capacity of the hall was filled. I would say that maximum seating was around 1500. The teams in the B Group included Australia, Belgium, Brazil, Denmark, Finland, Israel, Yugoslavia, Luxembourg, Holland, Norway, Austria, Sweden, Spain, Canada, Switzerland and West Germany (B).

The judges had been assigned prior to the meet and it seemed as if the judges from the countries with the stronger teams were assigned as head judges during the sessions in which their teams were competing. There was a West German judge on nearly every event because not all countries brought judges, but things were fairly spread out. There was a meeting to welcome us and give us our assignments but there was no discussion of any judging concepts whatever.

The top eight teams were in the evening session. They included Bulgaria, GDR, France, Italy, Romania, Hungary, USA and West Germany. Four groups of two teams each would begin in the first four events (in Europe, no matter how many events run at a time, the gymnasts always compete in Olympic order). Sometimes all events run simultaneously and sometimes only

Photo by Diane Shultz



Peter Volkmann

one gymnast at a time performed. The most organizers were juggling for a precise finish time for TV. It didn't make that much difference as a judge although it did allow us to occasionally watch other events.

I was superior judge on floor exercise. The biggest confrontation came on our first American, Bert Conner. The Romanian judge had 9.5, the Italian, 9.5, the West German, 9.4 and I had 9.7. Although Bert's only "big trick" were a front through to a double-back for mount and a double-back for dismount, I argued his very original combinations and virtuous performance. The Romanian and Italian judges agreed with me and brought their scores up to 9.6 each. On Peter Vidmar, the Romanians had 9.8, the Italian, 9.6, the West German, 9.6 and I had 9.8. I motioned the Italian judge to come up. I and Peter's average was 9.75. There was no problem on Jim Hartung as he earned a 9.8 average.

In the finals we had two superior judges and we averaged our marks to determine the base score. I was one of the superior judges on floor exercise and it worked quite well. We had no problems with the judging. Perhaps it was the fact that it was 10:00 AM which caused the gymnasts to have problems however. Generally speaking, the exercises were not near as crisp as in the preliminary competition. Except for a 9.25, the rest of the scores fell between 9.50-9.65 and I felt that they were all too high. There were no new elements or combinations worth mentioning.

Comments on the other events in finale

PM Peter Vidmar was definitely the best parallel horse performer. He had a greater variety of work and a very difficult exercise. He had to use a little too much strength in going to both of his handstands, however. The Hungarian, Guerroby, and Durban (spindic) type skills on the parallel bars and on the end during the first half of the set and twists across the horse or cross support for the last half. They were certainly difficult skills but I had the feeling that he only does two types of skills in his set.

SR There was nothing exceptional about the ring work. It seemed that everyone was a bit tired. Jim Hartung did a very good set but his act the day before was much stronger. I am still amazed at how relatively weak the strength handstands appear. Here we have top level athletes and the rhythm, tempo and arm positions demonstrate weakness rather than strength... but the judges don't seem to notice.

V Fischer from the DDR was potentially the best vault in the competition. He started with handspring 1-½ somersaults and 1-½ twists (flair) very well done. His second vault was a piked 1-½ somersaults but he had trouble on the landing. Fischer, DDR, one of the very few to make it to finals from the B Group, was also excellent with a layout Bekohars with a full twist and then one without. The judges were severe on bad landings.

BB There was nothing exceptional on bars although we are seeing more Healy Twirls and they are being well done (GDR gymnast did two consecutive Healy's). Most double-back dismounts are being done cowboyed and the judges don't seem to deduct it unless someone like Bert who looks so good by comparison as he keeps his legs together so well most of the time. I never did ask Bert, but I believe he missed his normal mount. He covered so well however; that it was impossible to know that he had missed.

AB The scores ranged between 9.75 and 10.00 other than one 9.2. There are more and more one arm guards with turns, two consecutive releases and one arm guards with releases. High bar seems to be continually moving forward. Peter had an excellent exercise, definitely world class in every respect, and received his first perfect score!

In summary, it was an excellent meet for the USA. Each American gymnast won at least one event and there was no question about who had the stronger team. I was told by more than one other judge, however, that, in spite of our excellent performances, we were still not going to be able to score well against the world powers because of our lack of difficulty. At this

particular meet, we were definitely the class of the meet. If the Russians, Chinese and/or Japanese had been on the same floor, however, I believe, in some cases, we would not be able to achieve the same scores. It seems to me that Jim Hartung's floor and rings and Peter Vidmar's parallel horse, parallel bars and horizontal bar are examples of competitive exercises. We are looking ourselves if we think we are going to get by with doing "clean" sets. The kinds of things we discussed as judges privately are not written in the Code of Points. I am not sure other judges were trying to be helpful or whether they were arguing my defense of our floor exercise scores. I do think that what they had to say had much validity and that we should take note.

As a personal note, I don't mind saying that it was great to see so many Americans in one place. I have been in Switzerland since the end of August and it was refreshing to see some familiar faces and to speak "American" with someone other than my family. My family was with me on this trip and we all felt the same way. My six year old daughter, Katie, fell in love with Bert and all three gymnasts were very patient with her and David (she) as they bombarded the gymnasts with conversation. I would like to thank them, Alice Grossfeld and Jack Rockwell for bringing America to us for a little while.

Ken Allen



Bert Conner

Photo by Steve Fitch

DTB-Pokal International
October 18-19, 1982
West Germany

	st. final
1 Peter Werner	9.88
2 Jürgen Grön	9.82
3 Bernd Casius	9.78
4 Jürgen Matzky	9.70
5 Janusz Hutzig	9.68
6 Bernd Grotz	9.62
7 Jörg Fischer	9.58
8 Rostislav Hruša	9.52
9 Antreas Hrich	9.50
10 Laurent Remer	9.48
11 Jördanov Ganchev	9.42
12 Axelsson Bergqvist	9.38
13 Car Steffens	9.38
14 Evelyn Röhrer	9.38
15 Sören Kull	9.38
16 Pitkä Pätsas	9.32
17 Jean Le Corre	9.30
18 Diego Lazzarini	9.28
19 Jagoda Andrić	9.28
20 Dorothy Ferric	9.28
21 Andrea Costa	9.22
22 Stephen Lomax	9.20
23 Kriekens Dürm	9.20
24 Gisèle Bärcht	9.18

CAPE TOWN/JOHANNESBURG

WOMEN'S REPORT

SANLAM-SOUTH AFRICA CUP— Mary Lou and I met up with Yolche Tonina, men's coach and the rest of the United States delegation at JFK Airport in New York on November 1, 1982. The women's team was composed of Shelli Mann, Lynn Leiferer and Mary Lou Retton. Soon, we were off and flying across the Atlantic to the country we all heard so much about—South Africa.

Upon arriving in Capetown, we were introduced to other officials and our family house and then proceeded directly to the women's gym for stretching and a light workout. The gym in South Africa were in most cases, facilities that are rented from colleges or other schools and equipment is often limited. However, our girls seemed to adapt very well to the conditions. The South African coaches voluntarily helped in every way possible to make our workouts good and comfortable.

The whole trip including sightseeing and more, was sponsored by the SANLAM and the Sanlam Company which is a large insurance corporation with its headquarters in Capetown. Different families hosted each of us in groups of one or two. This gave all of us a chance to experience life as it is in the Republic of South Africa.

On November 6, the Sanlam-South African Cup was held with 500 spectators on hand. There were eight gymnasts competing from five countries: Israel—West Germany—Russia—United States and South Africa. From Lynn's first visit to start the competition the United States captured the audience's interest. Lynn competed a exercise well to score a 9.4, Shelli did her fall on 1½ twist off for a 9.7 and Mary Lou hit her front handspring—from with 10 twists in inverted position for a 9.9! Immediately it seemed that Mary Lou became the favorite to watch among the eight gymnasts competing. After a complete sweep of vaulting, we never saw uneven bars.

We hit well with Mary Lou performing her new front flip to rear support on high bar leading the scoring with a 9.85. Lynn was 2nd with a 9.3 and Shelli 3rd scoring 9.35. Balance Beam was her next event, and the true test of consistency was about to be challenged. But once again the challenge was met and all three girls hit good routines with Lynn performing a beautiful

round off high back tuck and scoring a 9.55. Shelli was solid with an outstanding round off back layout stepout mount and scored a 9.45 and Mary Lou had a few wobbles but stayed on and finished with a round off double back tuck dismount and scored a 9.55. Another 1-2-3 sweep for the Americans and this led us into our final event floor exercise.

At this point I felt great to get past beam and have good momentum going into floor. The girls looked ready and excited to start the last event and eager to finish with a clean sweep. The team of Mary Lou, Lynn, and Shelli proved that it could be done as they danced and tumbled into the top three spots again winning floor with scores of 9.6, 9.4, and 9.2 respectively. This helped the United States to completely dominate the meet and win 1-2-3 in the all-around competition. Mary Lou 1st 34.90, Shelli 2nd 33.75, and Lynn a close third scoring 33.65. The United States flag had its colors flying high above our heads. This had to be one of the most exceptional performances for the US gymnasts to make a clean sweep in an international competition. The competition was a friendly one, quality was good, and the format ran well.

Regrettably, our stay in Capetown came to an end and we proceeded on to Johannesburg. On Saturday, November 13, the second of the international competitions was held. This was the Southern International meet consisting of an all-star team combining our three gymnasts and the other three girls from the foreign countries against a six member team representing South Africa. Unlike the first meet, this was a team oriented effort and no individual awards were given. The atmosphere was relaxed as the 2000 spectators looked on.

The girls performed well again and led the all-star team to an eight point victory over the South African national team, 183 to 175. Mary Lou, Shelli, and Lynn once again placed 1-2-3 in the all-around and out of a possible 15 top three spots the American team gathered 12 of those. Another successful competition was



Photo by Diane Black

Mary Lou Retton

complained and the audience had been thrilled by the exceptional performances of our girls. Lynn displayed her courage on the foam rubber floor competing a back 1/2 twist thru double pike that ended short but she recovered well. Stark hit a great bar routine to win that event with a 9.8 and Mary Lou finished the competition with a beautiful double back layout on floor for a 9.8.

Following the meet we were treated to a great banquet and said our goodbyes to a few of the people we wouldn't get a chance to see again. We would like to thank all of those responsible for making this trip a success and one that we carry with us forever.

Gary Rafaelski

CAPE TOWN/JOHANNESBURG



Men's Report

SOUTH AFRICAN CUP. — This year's U.S. delegation to the annual South African Cup Competition consisted of eight members, Gary Rafaelski as women's coach, Mary Lou Retton, Lynn Lehman, Stan Mann, gymnasts, Jon Osmor, Noah Reskin, Jay Foster, and myself as delegation leader and men's coach.

It took approximately 16 hours from the JFK Airport in New York to Johannesburg, South Africa; it was a long trip. We were welcomed by representatives from the South African Gymnastics Union at the airport and over two and a half week long visit to South Africa began very smoothly on the night of November 2nd.

After spending one night at the good old "Holiday Inn" in Johannesburg, we flew to Cape Town the next day where our first competition was to be held. We each stayed with families, and this was one of the things that made this trip very special. They treated us exceptionally well!

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South African Cup

November 6, 1982

Cape Town, South Africa

	V	UB	BB	FX	AA	Total	PL
Lynn Lehman	USA	9.48	9.96	9.25	9.46	38.95	3
Bob Koch	USA	9.00	9.45	9.13	9.02	37.62	7
Diane Neely	USA	9.15	9.60	9.10	9.02	38.75	4
Lynn Lehman	USA	9.05	9.16	7.73	8.76	34.91	7
Shari Mass	USA	8.78	9.39	8.46	9.26	34.71	2
Mary Lou Retton	USA	9.00	9.05	9.06	9.02	38.95	1
Jesse Blumenthal	USA	9.75	9.00	9.30	9.10	38.10	3
Steve Becker	ALS	9.00	9.45	7.90	8.95	33.35	7

Sanlam Internationals

November 13, 1982

Johannesburg, South Africa

	V	UB	BB	FX	AA	Total	PL
Don Kots	NGR	9.2	9.0	9.00	8.5	36.70	—
Steve Becker	ALS	—	—	8.75	—	—	—
Lynn Lehman	USA	9.7	9.4	9.00	9.15	38.05	—
Lynn Lehman	USA	9.45	9.95	8.8	8.8	38.00	3
Shari Mass	USA	9.7	9.8	9.00	9.05	38.80	2
Mary Lou Retton	USA	9.9	9.7	8.2	8.8	38.8	1
Total Total:	48.79	48.35	44.10	49.8	44.45	193.05	—
Angel Blumenthal	USA	8.75	8.05	7.75	8.0	33.60	—
John Wiesner/Chris	USA	8.6	8.7	8.0	8.55	33.95	—
Lois Winter	USA	8.8	8.7	8.05	8.05	35.5	1
Dawn Wevers	USA	8.3	9.0	7.25	8.7	33.05	—
Jeanique Head	USA	8.2	8.6	8.05	8.55	35.95	4
Dave Butler	USA	8.3	8.7	8.5	8.85	35.95	5
Total Total:	44.89	48.04	42.1	44.45	41.79	193.39	—

Men's training session was held at the local Technical Training College and it was not the best facility, to say the least. There was only a short horizontal strip with no spring, pommel horse was very old, the rings were hanging from the ceiling and shaky, the vault was OK, and had an airbeam, the parallel bars were very old and unstable, and finally the horizontal bar was very slick. Most of all, they did not have the right kind of chalk and they had to get it from Johannesburg. Despite the circumstances, Jon, Jay and Noah shaped up as the days went on and they were in pretty good condition after a couple of days.

Our first look at the competition site the day before the meet provided some very pleasant feelings, especially after training in the previous situation. We had an excellent training at the competition gym that day and everyone seemed ready to go.

The first competition was held the night of November 6th at the "Good Hope Center" in downtown Cape Town. It was All-Around and individual events competition with one optional exercise on each event. Countries that participated were the United States, West Germany, Israel, Austria, Denmark and host, South Africa. There were nine men and eight women.

They used an unusual format of the competition as men's two events pommel horse and rings, were held in the early afternoon and men's four events and women's four events held together at night.

There was a 4000 plus crowd that came to see the competition for the evening session, and I was told it was an exceptionally large crowd for the gymnastics competition in South Africa.

In the men's afternoon session, everybody had a rough start on pommel horse as just out of nine gymnasts fell. Morning, from West Germany, hit a nice set which included travel work behind the back and suplex circle technique, and won the first place gold medal. Jon Osmor showed unique flair skills and good

back work, which gave him the bronze medal. The U.S. team dominated the rings as Noah, Jon and Jay walked away with one, two, three finish. Noah's inverted cross, Jon's 4-seat, and Jay's pull to cross to "U" really wowed the crowd.

In the evening session, men and women alternated the performances as men started on floor and women started on vault. Highlights of the men's individual competition were as follows:

Floor Exercise: Noah Riskin (USA) won with a score of 9.40. His set included a high double back mount with a unique inverted press handstand and finished with a clean double full dismount. Jay and Jon also did very well as they finished 2nd and 4th respectively.

Men's: Michael Cane of South Africa did the best vault as he performed near perfect handspring front and received the meet's high score of 9.66. Schneider from West Germany did a well-executed pike Karamzin and placed 2nd with a score of 9.45, so did Moyad from Israel, who performed a Couvre in the piked position.

Pommel Horse: Cane from South Africa walked away with the gold medal as he performed a clean set without any major breaks, while just about everybody had a problem in one place or another. Jon Onori of the United States showed excellent techniques as he performed free hip mount (side entry), 2 com seconde dismounts, and a nice whipup to stumble out "U". Unfortunately, he had a major break on his double back dismount.

Men's all-around competition: was in dead heat at this point as there was a three way tie among Noah Riskin, Jon Onori, both from the USA, and a surprising Michael Cane from South Africa, going into the last event, the Horizontal Bar. This made the meet very exciting until the very end.

Noah Onori went up first, and he started out his routine very nicely up to Glengar, however, he had a break in the following hip change which knocked him out of the gold contention. Next, Michael Cane had two breaks in his routine. Finally, Noah Riskin came through with one of his best sets, which included a one and a half combination and an excellent piked full in back-out dismount, and became this year's South African Cup All Around

Champion with a score of 55.00. Jon Onori placed second with a score of 54.75 and Jay finished sixth place with a score of 53.85.

Noah, Jon and Jay did not only have good performances, but also showed great sportsmanship and presented the image of American young gymnasts in a very positive manner. It was so pleasant to see our junior gymnasts performing as well at the international level of competition.

Two days after the first competition, we went back to Johan neborg where the second competition was to be held. There again we stayed with families and they were all wonderful.

Both men and women had better training centers than they had in Cape Town and the training went very well.

The second competition was very unique as it was a team competition between international teams which consists of four ego gymnasts and the South African national team.

It was held at Wits University on Saturday November 13th. All the US gymnasts did very well and contributed to the team which defeated the South African National Team 275.40 to 267.20. Although it was a team competition, Noah, Jon and Jay placed first, third and fourth respectively in all around competition.

Robert Tonello

**South African Cup
November 6, 1982
Capetown, South Africa**

		All							
	IR	PR	R	Y	PR	IR	IR	Total	PL
Joachim-Dietrich	GER	8.70	9.40	9.65	9.45	9.10	9.40	53.40	5
David Hanning	GER	9.10	9.30	9.30	9.75	9.05	9.15	53.15	7
Hein Ritter	USA	8.80	9.40	9.40	9.25	9.00	9.45	58.85	1
Jay Futter	USA	8.38	9.20	9.20	9.05	9.05	9.18	50.95	6
Jon Bernd	USA	8.80	9.25	9.10	9.40	9.00	9.00	54.75	2
Johnny Moyd	ISRA	8.90	9.10	9.00	9.05	9.15	9.00	54.10	4
Markus Berndsen	GER	8.80	9.20	9.00	9.10	9.30	9.10	52.90	6
Michael Cane	USA	8.65	9.00	9.15	9.00	9.20	8.80	54.75	3
Pat Ossenry	USA	8.70	9.00	9.10	9.00	9.00	8.90	51.45	9

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Santini International
November 13, 1982
Johannesburg, South Africa

	ITE	PH	R	V	PP	HS	BB	Total	M
Herrn Barbara	ITA	—	9.3	9.4	—	9.0	9.8	—	
Stefan Schneider	WGR	9.5	9.5	9.9	9.5	—	9.0	47.85	
Gerd Rennig	WGR	9.75	9.95	9.9	9.85	9.7	9.95	52.7	
Johnny Mayol	ITA	9.75	9.1	9.25	9.4	9.0	9.8	55.5	1
Jon Garet	USA	9.35	9.25	9.3	9.43	9.0	8.7	58.25	2
Mark Daniels	PHL	9.45	9.9	9.4	9.4	9.1	9.6	58.8	
Jeff Reiter	USA	9.05	8.8	9.0	9.25	8.85	8.85	58.2	
Team Total		45.5	45.85	45.35	47.1	44.45	47.25	235.45	
Genia Smith	USA	—	9.3	9.7	—	9.4	9.85	—	
Phil Abdy	USA	9.05	9.05	9.8	9.15	9.4	9.15	52.3	
Steve Mayswold	ITA	9.75	9.2	9.45	9.2	9.75	9.55	59.4	6
Willie Fungate	ITA	9.05	9.3	9.05	9.3	9.05	8.7	51.35	
Pat Smith	USA	9.15	9.05	9.3	9.2	9.1	8.7	51.85	
Marion Cato	ITA	9.05	9.1	9.1	9.8	9.9	9.25	54.5	
Team Total		48.55	45.8	46.2	48.45	42.9	44.15	231.25	



By Louie Park

Jim Omand

ZURICH



SWISS CUP — The Swiss Cup was put together, I believe, to generate some enthusiasm in Switzerland for international gymnastics competition and for the activities of the Swiss gymnastics program. The crowd of about 2500 was the largest generated for a gymnastics competition in at least fifteen years according to Armin Nock, the Swiss National Coach for men. The mixed

pairs format presented an interesting spectacle and the crowd was very lively and appreciative.

The field of competition was a good one. It had a few names, a young star from Russia and Switzerland's top two men and women.

There were eight pairs of gymnasts. One pair each was from Hungary, France, West Germany and Russia. The Swiss and Americans each had two pairs. The gymnasts chose the events they would compete in each round. All gymnasts would compete on one event each in the first round in an order which was drawn. In the second round, the pair with the highest total competed first and the pair with the lowest total competed last. After the first two rounds, the bottom two pairs were eliminated. The six remaining pairs competed in an order of the lowest to the highest ranked teams by score. After the third round, another two pairs were eliminated. The fourth round was run the same as the third and the final ranking was based on the total points achieved by each of the pairs.

The judging was interesting at times. It definitely seemed like the East lined up against the West (or vice versa) on various occasions. However, I believe that all issues were resolved to everyone's general satisfaction. The strongest competition was between the Americans and the Swiss. Unfortunately for us, all four of our gymnasts had major breaks somewhere and the Swiss gymnasts were very steady. Although the Russian girl missed on beam, she was otherwise very good and the seventeen year old Russian man gave away nothing as he proved to be the class of the meet.

We used Competition III rules and discussed a few things we needed to look for prior to the competition. I was particularly concerned that we agreed on what a gymnast had to do on vault in order not to receive a 0.6 penalty for doing a second vault from the same category. In the Swiss National Championships just the week before, there were two gymnasts who did eight non-second vaults but they were from the same category as the first vault (e.g. handspins from 1/4 somersault tucked with 1/2 twist) with no deduction. And then there was Tong Fei in the World Cup who did exactly the same vault the second time and received a 0.65 for the second vault. Those were supposed to be the most knowledgeable judges in the world! My other concern was with parallel bar exercises being short the number of parts and/or missing the hanging C requirement.

During the competition, the only problem we had was with the hanging C requirement on parallel bars. The panel was of the opinion that some of the side bar skills which used strength to get to a handstand met the requirement. Although we do not recognize these skills as meeting the requirement in the U.S., I went along with the panel.

Nightmare of the competition

Round 1: The Russian mounted floor with an extremely well done full twisting double back with a very small step on the landing. His flared circles were excellent and he took them to handstand twice as Li Ning and Konolev did. He dismounted with a double pike. Tim Daggett's pointed set was excellent. It was the first I had seen it with his new element. He has a loaded set with travels the length of the horse in cross support, five travels across the horse without the use of the pommels and he finished through a handstand.

Round 2: Phil Caboy's high bar set was outstanding. Everything was through a handstand position. His front one arm giant with full turn one way and then the other was extremely well done. He had a step on the dismount bar, otherwise, I had zero no errors. Jürgen Geiger of West Germany also did an excellent set but had not gone over the top of the bar in a grip and I took off. The other judges afterwards agreed with me but the head judge won't be so sure so he didn't change the scores?

Round 3: The Russians' pointed barre exercises was excellent. His body was very high throughout the exercise. He did travels in cross support with flares, travels forward and then backward in cross support and his movement to the handstand for his dismount was very fast. I might have had a 10-0 if his

broke into scissors wasn't so weak. He brought his double leg circle to the front of the house, dropped one leg back, then the other, then brought the other forward for forward scissors (three single leg cuts to get into scissors).

Round 4 Once again, it was the Russians who was outstanding. On horizontal bar he did a backward one arm giant with one-half turn in opposite directions to an immediate backward Shultz (both hands). He did a reverse back to a flyaway one-half turn and regrasp. His inverted glances were excellent. His high start to forward giant swing as a mount and barrel cut filled the second non-commensurate with the rest of the exercise.

Ken Allen

PRATO



MEN'S REPORT

USA VS. ITALY:—Delegation members Abie Grossfeld (head coach), French Allen (assistant coach), Phil Caley, Marc Goss, Scott Johnson, Jim Mikus, Roy Paluska, Billy Paul, Chas Riegel. After arrived in Rome, we went to the Agro Action training center (where Abie trained for the 1960 Olympics) for a short workout—about an hour—and then returned for a welcomed sleep. We left early the next morning for Pisa by air. Upon arriving, we left the airport stuffed into three buses and headed for the Leaning Tower of Pisa where we all climbed to the top of the Tower and enjoyed the view. Billy and I did handstands on the highest point of the guard rail. We then headed for Prato, near Florence, where the meet would be held, and we visited with the Italian team at the Palazzetto D'I Tally Basic Volo skills Repubblica, which was the meet site. It was rather small but



Monica Danova

comfortable with a seating capacity of several hundred. That afternoon we met Mr. Fulio Boracchia, the Italian Delegation head, the Italian team with coach Mr. Bruno Franchetti, Mr. Miklos Stanga, the head judge from Yugoslavia and Mr. Sandor Reilly, from Hungary. The experience was satisfactory although we had to rough up the rings and parallel bars. A wooden visiting board was used. We had one unexpected incident the first of several—when a ring swivel broke while it was being worked. This costed our ring work for the day.

On Friday, the morning of the compulsory competition, we shopped a bit, and took it easy in preparation for the competition which was to begin at 9 PM. This seems late to us but we were told that businesses close in the evening so such sports contests start late to allow for spectators. I had a judges' meeting at 3:30 PM which was attended also by the coaches and the delegation leaders. We went over the new format which was to eliminate the competition but to allow a three minute warm-up for each six competition, so each event had two warm-up sessions. The friendly nature of the competition was stressed, and the need to judge accurately but not harshly.

Going over the compulsory meet event by event, I felt that it was obvious that the USA. That was quite superior everywhere; both days except vaulting. We judged in a line either than at the corners of the arena.

On Floor exercise, four of the six Italians had their feet on the straddling L support to press, with half raising steps or not holding the horizontal as well. Our gymnasts overall performed well, but many missed striking the diamond. Edith Scott did the best compulsory, but the panel has Deigo Iannuzzi, the best Italian, just 45 behind.

On pommel we had six complete sets, the Indians had five. I felt that their first performer, Andrea Costa was easily their best. Our flags were mostly small form breaks—flares and leg spins. Roy Paluska did our best exercise, I felt, and he averaged 9.70.

We moved on to rings, and in the first three events warm up routine ring broke, so we moved on to working, planning on returning to rings when we finished vaulting. We raised a majority of handings but vaulted a bit better than our counter-



Phil Caley



Billy Paul

past. I felt Mikus easily did the best vault and scored him at 9.89 (the panel had 9.80). Lazzarich, the best Italian, received a 9.83 for a lesser vault easily seen by comparison (I scored him at 9.7).

We returned to rings and got through the first six competitions before a strap broke during the second warmup. By now the misadventures of the rings had us wondering whether to laugh at circumstances or run for cover. Fortunately no one was injured during any of these breakdowns. As there were no more rings or straps, the completion of this event was postponed until one half hour before the options; the next night. All competition here, however, on the ring components. Our weakest part was the back flip lever to back lever, although our last three got their arms straight before lowering. None of the Italians did this. Mikus got hung up on the dismount and fell on the landing. On the second day Cao had some trouble on the dismount and the Hungarian judge claimed he was touched by Coach Allen on the landing which I didn't see — I am just trying to get out of the way Mr. Body was the only one who detected it. In our ring work was much better and our dismounts were better overall — several of the Italians didn't get above the rings or show a stretched position. Surprisingly, several of our men bopped or stepped on the landing.

I saw us as much better than the Italians on the last two events. I was the low score on each of them (but not the high score on each of us). They had many problems on parallel bars with the mount and the switch. Cao and Mikus had some problems but the rest of our men did very well. I scored Palomino, Johnson and Caley at 9.8, and they received 9.65, 9.75, 9.75 respectively. Amazingly the gynasts who went up directly after Scott, Fabrizio Bianchi, did every part worse than Scott (he had mistakes) and received 9.50 (my score was 9.6). Incidentally, by now I was getting bored and whistled at when the crowd let my score was low. It was an interesting experience. This happened both days.

On horizontal bar, Cao led off for us and had two big misses. I overscored him at 9.79 (his average was 7.65). The rest of our team did well with Paul doing an excellent exercise, 9.85. The Italians, in comparison, were flat on most such as the mount and the older circle sheet, but International rules don't discriminate enough to show the differences between routines here.

At the conclusion of the competitions, we had 285.91-279.85. I feel we should have had a bigger lead.

The next day we had another judges' meeting to discuss KOW and other rules governing the optional competition. It was decided to allow soft landing cuts on either side of the horizontal bar as many were doing big releases and this was a developmental meet.

Unsurprisingly for us, Mikus hyperextended his knee in the pre-meet warming up so he couldn't work most events. He was asked to do PB and SB where we had some problems, and thus he presented himself at each place he didn't work to continue in the meet.

Luigino Serioli led off floor exercise for the Italians with a good exercise, averaging 9.50. Our first two men, Cao and Caley had problems with mount and dismount landings. Meanwhile the third Italian into, Corri, dismounted with a plain back layout, although he had three C moves in his routine. I don't think the other judges disliked him for this. Our last three men, Billy Roy and Scott, all performed quite well (9.95, 9.80, 9.95). I felt Roy did the best job. Scott did the most difficult exercise of all, including a double back layout, fullback out, and double pole dismount, but had some bubbles. Lazzarich did a fine job as well, scoring 9.75 and featuring a double layout back. This was the only event we lost in the two days, by 15.

Moving on to PI, our first two men, Cao and Paul, had major misses, necessitating Mikus' performance. He responded to the challenge and earned 9.45. The Italians were getting through

until their last two men, who had major misses. Johnson fought a bit here and there to earn 9.55 for a good exercise. Palau and Cahoy had small flaws earning 9.65 and 9.70.

The rings we were a much better team in all departments. The Italians for the most part bent their arms during paired presses, and several had shaky strength parts. It was amazing to see Lanzarich follow Palau's 9.55 with a routine that contained an inverted cross with a 90° angle between his arms for a strength move, and a difficult bent armed, lean on the straps paired press and received 9.65 (my score was a generous 8.7). We need to stick our landings better on rings.

I felt we vaulted equally, and the panel's score bore this out. Again, our gymnasts need to realize the verdicts they are losing in their inconsistent landings. I noticed preflight form breaks on four or five vaults. Johnson scored highest with a 9.70.

Our first two men on PB had bad misses so Mikus was again called upon to do a routine. He ended a good set with a layout back off and scored 9.30 which helped our cause. The first three Indians also had problems, especially with landings. The last half of the event saw Johnson and Cahoy do outstanding sets scoring 9.80 which helped our cause. The first three Indians also had problems, especially with landings. The last half of the event saw Johnson and Cahoy do outstanding sets scoring 9.80 and 9.70. Cahoy showed a new move, a 1½ somersault. The last Indian performed; Lanzarich did a good routine that I felt lacked ROM, and I scored him at 9.1 whereas the panel had 9.70 (lots of boos for me) in thinking back, I feel I understand him. 2 as I could have given him some consideration ask credit. But he had too many flaws to warrant that high a score.

Numerous one-armed and big release moves were seen on the concluding BB event, also four performers either fell or took twice swings on their big releases. Paul attempted a sitter as direct. Tkatchev but caused the re-group. Johnson included a one armed Gringger and a one arm giant to Haggard change. Phil had a one armed full partners to direct Gao turn—all on the same one armed giant. His routine was a masterpiece and earned 9.90. The final performer, Lanzarich, also did an excellent exercise with three releases including a Tkatchev to direct Gringger, and was rewarded with a 9.85.

Following the competition, an elaborate awards ceremony took place. We won the team meet \$6935.546.50. It is interesting to note that I had six winning 568.7-542.0 and the Italian judge had three winning 560.9-563.7. The all-around was won by Scott Johnson with 316.00 followed by Roy Palau and Phil Cahoy.

—Fred Beruff

Photo by Don Stach



SCOTT JOHNSON



ROY PALAU

WITH THE
PRICE OF GOLD,
ISN'T IT NICE
TO KNOW
QUALITY IS
STILL WITHIN
REACH.

GIBSON

USA vs. Italy
Compulsory Competition
November 26, 1982
Pistoia, Italy

		F1	F2	R	S	T	P1	P2	H	M	Total	AA
Johnson	USA	9.55	9.55	9.75	9.79	9.39	9.86	9.86	9.75	9.75	93.90	9.86
Polyakov	USA	9.60	9.79	9.55	9.85	9.86	9.75	9.75	9.75	9.75	97.75	9.86
Edwards	USA	9.25	9.25	9.25	9.25	9.25	9.25	9.25	9.25	9.25	97.25	9.25
Lanzach	ITL	9.50	9.48	9.05	9.05	9.05	9.25	9.25	9.25	9.25	97.25	9.25
Petru	USA	9.25	9.28	9.28	9.28	9.28	9.28	9.28	9.28	9.28	96.28	9.28
Milos	USA	9.20	9.25	9.25	9.25	9.25	9.45	9.45	9.45	9.45	96.45	9.45
Eischi	ITL	9.15	9.18	9.22	9.22	9.22	9.25	9.25	9.25	9.25	95.25	9.25
Bogoli	ITL	9.05	9.08	9.05	9.05	9.05	9.25	9.25	9.25	9.25	95.25	9.25
Corsi	ITL	9.05	9.08	9.05	9.05	9.05	9.25	9.25	9.25	9.25	95.25	9.25
Zucco	ITL	9.25	9.25	9.15	9.15	9.15	9.25	9.25	9.25	9.25	95.25	9.25
Ferrari	ITL	9.25	9.25	9.15	9.15	9.15	9.25	9.25	9.25	9.25	95.25	9.25
Costa	USA	9.20	9.18	9.28	9.30	9.00	9.00	9.00	9.00	9.00	93.00	9.00
USA	USA	9.20	9.18	9.28	9.30	9.00	9.00	9.00	9.00	9.00	93.00	9.00
Italy	ITA	—	—	—	—	—	—	—	—	—	—	—
		F1	F2	R	S	T	P1	P2	H	M	Total	AA
		46.40	46.76	47.29	46.15	47.48	46.29	46.29	45.85	45.85	526.85	9.86
		45.25	45.55	45.30	45.30	45.40	45.10	45.10	45.10	45.10	525.10	9.85

USA vs. Italy
Optional Competition

		F1	F2	R	S	T	P1	P2	H	M	Total	AA
Johnson	USA	9.18	9.00	9.05	9.25	9.25	9.00	9.00	9.00	9.00	110.00	9.00
Polyakov	USA	9.18	9.00	9.05	9.25	9.25	9.00	9.00	9.00	9.00	110.00	9.00
Edwards	USA	9.18	9.00	9.05	9.25	9.25	9.00	9.00	9.00	9.00	110.00	9.00
Lanzach	ITL	9.15	9.00	9.25	9.25	9.25	9.25	9.25	9.25	9.25	110.25	9.25
Eischi	ITL	9.05	9.00	9.05	9.25	9.25	9.25	9.25	9.25	9.25	110.25	9.25
Bogoli	ITL	9.05	9.00	9.05	9.25	9.25	9.25	9.25	9.25	9.25	110.25	9.25
Corsi	ITL	9.10	9.00	9.05	9.25	9.25	9.25	9.25	9.25	9.25	110.25	9.25
Zucco	ITL	9.05	9.00	9.05	9.25	9.25	9.25	9.25	9.25	9.25	110.25	9.25
Ferrari	ITL	9.05	9.00	9.05	9.25	9.25	9.25	9.25	9.25	9.25	110.25	9.25
Costa	USA	9.00	7.70	9.00	9.00	9.00	9.00	9.00	9.00	9.00	100.00	9.00
USA	USA	9.00	7.70	9.00	9.00	9.00	9.00	9.00	9.00	9.00	100.00	9.00
Italy	ITA	—	—	—	—	—	—	—	—	—	—	—
		F1	F2	R	S	T	P1	P2	H	M	Total	AA
		82.80	82.75	84.48	84.20	84.75	86.25	86.25	86.25	86.25	987.25	9.00
		81.25	81.00	81.40	82.20	81.00	81.00	81.00	81.00	81.00	985.00	9.00

NAGOYA

Men's Report

CHIUNCHI CUP: — We left for Japan on November 24 from Los Angeles. The men's group included gymnasts Peter Vidmar and Mitch Gaylord, judge George Heidenreich, and coach Art Starzlak. We missed our connecting flight from Tokyo to Nagoya due to flight delays caused by Hurricane Iwa in Hawaii. Because our hotel reservations were in Nagoya, we had to take three separate trains to get to Nagoya — the last being the famous bullet train. Unfortunately, we passed Mt. Fuji at night and were not treated to this tremendous sight. We arrived in Nagoya at midnight and were greeted by a dozen ASICS and insect personnel officials.

We had only one practice day before the competition. The workout went well for both Petru and Mitch. During this workout we saw Alexander Polyakov of Russia perform a one-and-one-half-twist fly-away regroup and a full-twisting front regroup from inverteds. Both were high and very nearly fully stretched out.

The Chiunchi Cup field was impressive. It included Li Xiaoping (world parallel horse champion) and Xie Tiaohui of China; Koji Gushiken and Toshiya Maruyama of Japan; Warren Long, Canada; Polyakov, Russia; Roland Brueckner (former world champion on floor exercise) from East Germany; and the two American gymnasts.

Right from the start of the competition judging was con-

servative. On floor exercise our two gymnasts Mitch (9.4) and Petru (9.45), plus several others including Polyakov (9.55) and Xie Tiaohui (9.6), were underscored on this event. Brueckner performed flawlessly (great full-in pike mount and double pike dismount — both nulled) for a 9.7 top score.

Li Xiaoping performed a great pommel horse set to score 9.9, followed by Polyakov at 9.7 and Vidmar at 9.6. Mitch was tied for fifth place at 9.5. His handstand elements and excellent one-pommel work were prevalent among the top scores.

Mitch (9.1) and Petru (9.25) had trouble on rings which cost them higher place finishes in the all-around. Mitch underscored his triple costing him close to 5 on an otherwise outstanding routine. Petru overrotated a back giant and had to backflip in order to score it. This error cost him several cents. However, his break was nothing compared to Roland Brueckner who fell on his seat after a mediocre set and scored a 9.3. Top scores on rings were Gushiken and Xie Tiaohui at 9.6.

Gushiken and Long tied for first on vaulting at 9.8. They were followed at 9.7 by Gaylord, Vidmar, and Polyakov.

The class of the field on parallel bars was Gushiken (9.85) who performed outstanding straight-arm gains and pencil beats, plus a giant swing the half-turn into upper-arm support to backspins visible-cut catch. Peter (9.5) and Mitch (9.4) performed well but were underscored slightly.

High bar brought out the best in both Mitch and Peter as they scored 9.8 and 9.6 respectively. Polyakov was also at 9.8. He used only his one-and-one-half twisting fly-away regroup in this part of the competition.

The Chuanchi Cup all-around title went to Koji Gushiken (57.75) who had a great meet except for a minor break on pommel horse. Second was the intense Russian, Alexander Polyakov at 57.55; Li Xiaoping was third at 57.45. Peter Smith at 57.15, Toshiya Maruyama at 57.05 was fifth; Mitch at 56.9 was sixth. Long and Brueckner at 56.55 were tied for seventh. Frank Nastasia (berger of Canada) at 55.7 was ninth, and Xie Tiaohui and Jens Fischer of DDR were tied for tenth at 55.35. Xie Tiaohui had big mistakes on parallel bars and high bar.

The Chuanchi Cup finals featuring the top eight on each event from the all-around competition were held the following day, Sunday, November 26. Our two gymnasts qualified for all events except rings.

Again the judging was conservative on the Americans in particular. This can best be illustrated by Peter Vidmar's high-bar routine. On an exercise he scored 9.95 at the World Cup and 10.0 at the West German Invitational, the best Peter could muster was 9.6 for a tie破 tied for third at the Chuanchi Cup. Unfortunately, no protest were allowed in this meet.

The floor exercise was won by Roland Brueckner (9.8) who performed flawlessly again. It was amazing to see this former world champion at work on his best event. He made his full-in pike mount and double pike dismount as easily as jumping off a stool. Polyakov (9.65) was second. He mounted with a one-and-three-quarter side somersault to forward roll. He used four spindle fair circles that were extremely high and impressive. Li Xiaoping and Gushiken tied for third at 9.6. Li performed beautiful fair circles into a pivoting straddle finish. He mounted with a double-front and landed a solid high double-tuck dismount. Gushiken mounted with a double-back to back bend spring to full. Peter (9.45) and Mitch (9.4) executed extremely well and finished fifth and sixth.

Li Xiaoping was great on pommel doing outstanding front and back longitudinal work, excellent in-between pommel moves, and great fair work. Mitch tied for second with Xie Tiaohui at 9.5. Petru had an unfortunate break that cost him a chance at challenging Li Xiaoping.

The rings were won by Gushiken (9.8) who executed hip to totally straight body and level planche, excellent giant swings, and double double dismounts. He was second at 9.65 utilizing his amazing strength prowess: hip L cross, pell out, straight straight press to inverted cross press out to handstand, plus impressive hip-out double dismount. Polyakov (excellent planche, giant swings and triple) and Li Xiaoping (hip L cross pellout,

Photo by David Sherk



Mitch Gaynor

graves and double layout) tied for third at 9.55.

Gushiken took his second individual gold on vaulting with an impeccable layout (9.98) and layout back full (9.6) vaults to average 9.7. Warren Long placed second on an underscored and awesome half-twisting one-and-one-half pike front handspring (9.65). His second vault was a back full, also scoring 9.65. Mitch and Donn Hilsen of Czechoslovakia tied for third at 9.525 both used layouts and layout fulls.

The great Koji Gushiken won his third-straight gold medal on parallel bars scoring 9.9. Gushiken would parallel bars as effortlessly as brushing his teeth. It was a joy to watch him work his skills on this event. His giants and pretzels were perfectly straight-lined from start to finish, and he dropped softly into handstands from them. Jens Fischer of DDR placed second at 9.7. His routine was highlighted by two consecutive body turns to support. Tatuya Morozumi and Pogorelov tied for third at 9.6. Michal was sixth at 9.5.

Alexander Pogorelov won high bar at 9.8 utilizing his revolutionary "Pogorelov," a full twisting front regroup front inverted plus a one-and-one-half twisting flyaway regroup and a triple dismount. There were some form flaws but, nevertheless, it was a

great routine. Gushiken was second at 9.7. Peter tied for third utilizing an unusually timed Marielou (back vault) to a flyaway one half twist regroup, a beautiful straddle front regroup from inverted, and an excellent layout full-twisting double. It was a tremendous routine that deserved better than the 9.6 it was awarded. Zsolt Bodai of Hungary performed a flyaway one-half regroup, a pike front regroup, and full-in pike dismount to tie Peter for third.

The Chunichi Cup is an outstanding international competition and one two gymnasts, Peter Vidmar and Mitch Gaynor, had some of the best showings ever by American gymnasts in this meet.

From Nagoya we traveled south to Kumamoto for an exhibition before 5,500 very enthusiastic spectators.

Two days later the Tokyo Elm Invitational competition was held. This meet is not an all-around competition. Each country is allowed one competitor per event. Peter competed on floor, pommel, and parallel. Mitch had rings, vaulting, and high bar. This was an excellent competition for the USA as Mitch and Peter were fourth or better on every event except high bar where a missed regroup cost Mitch a chance at winning.

The following day, December 3, we returned to the United States. It was a great trip thanks to the USGF, the Japan Gymnastics Association, the meet officials, Jackie Pie, our delegation leader, judge George Beckstead, and the women's team consisting of Tracey Tidmarsh, Diane Durham, and coach Bela Karolyi.

Art Sherlock

Chunichi Cup November 25, 1982 Nagoya, Japan

	EC	PH	R	T	PR	HS	AV	All	Total	Per.
Kondo	JPN	9.81	9.45	9.30	9.12	9.48	9.65	9.65	92.10	1
Gushiken	JPN	9.20	9.35	9.40	9.00	9.35	9.35	9.25	92.75	1
Holmér	TCH	9.65	9.45	7.81	9.00	9.65	9.65	9.65	91.88	15
Hilbert	TCH	9.05	9.32	9.10	9.00	9.45	9.45	9.35	91.50	14
Gaynor	USA	9.48	9.88	9.18	9.78	9.48	9.65	94.98	98	8
Hornberger	USA	9.29	9.30	9.15	9.00	9.25	9.65	9.65	90.75	12
Krusz	USA	9.75	9.95	9.35	9.50	9.75	9.85	9.85	91.98	12
Vidmar	USA	9.48	9.88	9.28	9.78	9.48	9.65	91.98	94	4
Long	USA	9.50	9.15	9.25	9.00	9.50	9.65	9.65	94.88	1
Trotter	JPN	9.15	9.00	9.00	9.00	9.45	9.45	9.45	94.85	1
Xu	CHE	9.65	9.35	9.00	9.05	9.65	9.65	9.65	94.85	16
Brodmer	TCH	9.24	9.45	9.00	9.00	9.24	9.24	9.24	94.85	7
Li	CHE	9.40	9.88	9.00	9.20	9.40	9.65	94.85	97.40	3
Fader	USA	9.82	9.86	9.00	9.00	9.24	9.65	95.20	95.20	10
Morozumi	JPN	9.82	9.50	9.00	9.05	9.40	9.78	97.29	98	8
Burda	GER	9.85	9.55	9.05	9.05	9.45	9.45	95.80	95.80	11
Pogorelov	URS	9.45	9.75	9.05	9.36	9.45	9.45	95.80	95.80	11

Chunichi Cup November 25, 1982 Nagoya, Japan

		Y	OB	BB	PR	HS	AV	All	Total	Per.
Sato	JPN	9.20	9.00	9.05	9.00	9.20	9.75	9.75	91	1
Schäfer	DDR	9.30	9.00	9.00	9.00	9.30	9.80	98.80	98.80	14
Böckeler	DDR	9.10	9.05	9.00	9.00	9.10	9.80	98.80	98.80	10
Lubomov	TCH	9.35	9.00	9.20	9.00	9.35	9.75	97.50	97.50	1
Hins	TCH	9.30	9.00	9.00	9.00	9.30	9.75	97.50	97.50	1
Hauschka	DDR	9.10	9.00	9.10	9.00	9.10	9.80	98.80	98.80	10
Orsi	CHE	9.50	9.70	9.65	9.55	9.50	9.80	98.80	98.80	10
Durante	CHE	9.10	9.00	9.05	9.00	9.10	9.80	98.80	98.80	10
Wu	CHN	9.84	9.88	9.85	9.85	9.84	99.85	99.85	99	1
Wolny	DDR	9.10	9.00	9.00	9.00	9.10	9.70	97.70	97.70	1
Moser	TCH	9.00	9.00	9.00	9.00	9.00	9.75	97.75	97.75	1
Kozuka	JPN	9.00	9.00	9.00	9.00	9.00	9.75	97.75	97.75	1
Rein	JPN	9.00	9.00	9.00	9.00	9.00	9.75	97.75	97.75	1
Arakawa	URS	9.00	9.00	9.00	9.00	9.00	9.75	97.75	97.75	1
Volosina	URS	9.10	9.10	9.10	9.10	9.10	9.80	98.80	98.80	11
Zhukova	URS	9.00	9.00	9.00	9.00	9.00	9.75	97.75	97.75	1

AUCKLAND



FIG FOUR CONTINENTS — They say "getting there is half the fun." Not so ... when you're going to New Zealand. Being there is so much better than getting there. The flight left New York early Thanksgiving Day for a 3 1/2 hour trip to Los Angeles. After a 2 hour wait in Los Angeles, where the entire delegation, made up of Alla Vensky, coach, Michelle Berube (Detroit) Lynda Grubbs (LA), Valerie Zanning (LA) gymnasts and I met to leave for a 5 1/2 hour flight to Hawaii. We arrived in Hawaii at 8PM and spent 5 hours at the airport to meet our Pan Am flight to Auckland, which took another 8 hours. Once we arrived on Nov 23, and we had smelled the blossoms scented air of Auckland, we knew then that the enjoyment of our trip would now begin.

This Four Continents Championship (FCC) was the third such event. Originally, it was set up to be the equivalent of the European Championships and only those countries excluded from the European Championships would participate in the FCC. The first FCC was held in Canada with thanks to the driving force of Evelyn Keay. The second was held in Brazil. Auckland was the third site and the fourth will be held in the United States in 1984.

In addition to the daily 3-hour practice, the next few days included a sightseeing tour, another barbecue (this time for all delegations) at the home of Les Mills, who was the chairman of the NZ Organizing Committee, a Mayoral Reception at the Town Hall, and then the day before the FCC we viewed the "Kiw Cup Competition" set up, not as a FIG event, but organized to introduce Rhythmic Gymnastic competition to countries who are just getting started. Participants were lower level gymnasts from Malaysia, New Zealand, and Australia. I was pleased to serve as Head Judge at this competition, which lasted

two days. The last day of the Kiwi Cup was part of the opening ceremonies of the FCC. The idea of the Kiwi Cup was good and despite the small number of countries entered, it accomplished what it was intended to do and it has good future potential. This was the brainchild of Lynny Bellwood of New Zealand.

It was at the judges' meeting that I was disappointed to find that because there were eight countries entered in the FCC, the judging assignments would not be as in the World Championships. In the World Championships, each country may supply two judges, one of whom judges the group competition and the other of whom judges the individual events. Therefore, because of the number of entries and because Brazil, China, and Mexico had no female judges, Canada, Japan, New Zealand, and Australia were able to have a judge on each panel for the individual events. Since I was the only U.S. judge and because two events ran concurrently, the U.S. was represented on two out of four panels. I look at this as somewhat of a disadvantage to our competition.

Dec 3rd. The Championship begins! The competition was held at the Recreation Center of Auckland University. The spectator seating capacity was rather small and some people were turned away. However, this was the largest such arena in Auckland. The Championships were opened by the Governor General of New Zealand and was attended by many other government members in addition to a number of ambassadors including our U.S. Ambassador to New Zealand.

My hopes for Lydia, Valerie, and Michelle were high. I viewed practice of all countries and noted the U.S. team had superior difficulty and creatively superior routines. Japan, traditionally a strong international competitor, looked as good as ever, but I thought we could be a formidable rival. The People's Republic of China, in only its second major international event, had low difficulty and originality that the U.S. plan they had rather stock music. But, after all was done, once again we saw that for us to get into the winners circle, we could afford not one single loss of equipment. It appears to me that those competitors, who have established themselves as top contenders do not suffer the same severity of deductions for loss of apparatus as a relatively unknown gymnast does receive. Therefore, a secure routine at this point in our race to the top will probably bear more fruit than a difficult routine. At this time, we cannot afford to prevent anything, but a flawless exercise. In addition, especially since the scores were so tight, another U.S. judge would have helped our cause. Speaking of judging, it was the first time that I recall an FIG Chairman being so very alert to the performance of the judges. I applaud Mde. Biavati for her attempt to hold the reins on some of the judges. Following the first session, Mde. Biavati found it necessary to separate the two Japanese judges, who, although they were not judging the same event, were conversing. In addition, following the next, three judges were personally spoken to about not only appearing to favor their own country's competitors, which may happen because of a hidden bias, but also of giving low marks to others.

General Comments:

- Even at this high level of competition, some gymnasts suffered a loss of points for failure to show typical jumping elements in the jump rope.
- The most obvious fault in the club routines was grabbing the club on the neck. When the club is caught and the hand must slide down to the head the deduction is .10. Remember, however, if the following element is done by holding in the middle, it is not an error.
- There was too much throwing of the clubs followed by a wait to catch.
- Music is still of utmost importance. Not only must we consider the selection, but also the quality of the recording. Lydia and Valerie's music are much improved. Michelle, on the other hand, has excellent music, but reproduction that is both low and too muted to match her exciting performance.
- Generally, there were no new trends observed.
- The group ball routines were superior to any competitive I

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have ever viewed. The execution was superb. At one point during the competition I marveled that we had watched approximately thirty instances of six bars being in the air and, yet, witnessed only one drop. All of the competing nations in the group rotation (Canada, New Zealand, Australia, China, and Japan) displayed a reasonable performance.

At the end of this first competition and following the closing ceremonies, all gymnasts, officials, and New Zealand workers joined hands and sang "Auld Lang Syne." This after lunch gave everyone a feeling of euphoria as they left the arena. Then finally, at the farewell dinner, everything was arranged to please the gymnasts. There was only one greeting speech followed by a performance by the Maori Tribesmen and then lessons in Maori dancing for the gymnasts. There was wonderful spirit in the room. The New Zealand Federation should take pride in a big job well done. We thank all who made this Four Continents Championships possible!

Norman Rabke

Four Continents Championship
December 3-5, 1982
Auckland, New Zealand

1. Katsuo Yamada	Japan	97.00
2. Lori Pung	Canada	96.70
3. Tomoko Tsuchi	Japan	96.50
4. Michèle Goedwin	USA	96.30
5. Reiko Shiozaki	USA	96.00
6. Yu Xiong	China	95.60
7. Rongrong Wang	China	95.00
7. Genchi Adachi	Japan	95.00
10. Lydia Griffiths	USA	93.30
12. Michèle Goedwin	USA	93.20

MILAN

WOMEN'S REPORT

INTERNATIONAL CHAMPIONSHIPS OF ITALY — These championships are held every two years and this is the first time the Americans have been invited to compete. This was also the Centennial of the Pro Patria of Milan and, therefore, a special competition for the Italian Federation. Mr. Fabio Bonsuoni, president of the organizing committee, was our gracious host along with his beautiful daughter, Silvia. Both spoke English and were very helpful to us. Our delegation consisted of Michelle Goedwin and Bart Conner with coaches Tom McCarthy and Paul Zert. On Friday December 3rd, Tom, Paul, Michelle and I met at JFK Airport to depart for Milan. We arrived on Saturday at which time Bart joined us. Bart was touring with Eberhard Geiger in Germany and then continued on to Italy to compete with the US delegation.

After our arrival on Saturday, we were escorted to the Executive Hotel and had an all Italian lunch of spaghetti and entree. The Centro Fosatti training center was available for workouts at no cost so we went over to stretch out and look over the facilities. The only other delegation in at this time was the Chinese and they too went for a preview of the gym. The training facility was well equipped with Fosatti equipment which is the Italian equivalent of Reebok. Michelle and I sat around to be satisfied with the equipment and worked out lightly while all watched as the Chinese did not work out, but only observed.

The training hall was available for workouts through Tuesday. Tuesday afternoon the gymnasts were able to go to the Sport Palace for practice in the competition site. It was most helpful to have an extra day to adjust to the time change and an extra day after the competition to enjoy the city of Milan.

The competition was scheduled for 3:00 pm on Wednesday afternoon. This was a public Sales Day in Milan and the city was not at work so there was a very good crowd at the arena. The following female gymnasts represented their countries: Xiaoli

Tang, China; Natalia Ilieva, USSR; Lyudmila Agache, Romania; Barbara Mariani and Liana Borsiglio, Italy; Miroslava Kohlinskova, Czechoslovakia; Andra Brătescu, Hungary; Anni Jucker, West Germany; and Michelle Goedwin, USA. At the Tandem training, the Czechoslovakian gymnast dismounted the balance beam injuring herself and thus eliminating herself from the competition. Hence, there were eight women gymnasts competing with the average age being 17 years old. Xiaoli was the first event and it was very exciting. Agache completed two beautiful Takahara 1½ twists and nailed the landing. Ilieva did a layout Takahara 1½ twist to earn a 9.5. The most popular vault was a Ilieva layout, but many vaults were not attached for very long and one had to stretch their acrobatics to credit a layout vault. The Handspring from 1½ was the second most popular vault and Michelle Goedwin was the only gymnast to perform the 1½ on 1½ off vault. Michelle did well in vaulting and held her own with the top performers of the meet. That was to be the trend throughout the competition. Results after vaulting were Agache, 9.8; Goedwin, 9.6; Xiaoli, 9.5; Ilieva, 9.5; Borsiglio, 9.4; Mariani, 9.35; Brătescu, 9.2.

Rotating in Olympic order the uneven bars were next. Most of the gymnasts performed large circle swing elements (giant) predominately Original and rare elements used were Rossato salto morto, round off switch (Goedwin). Dismounts included don't like back salts, front back, Continuous 3½ twist. Complications within the routine included Delphos by Agache, giant 1½ twist on handstand and giant ½ twist in handstand by Ilieva upside straddle over high bar and back stoltzer catch high bar. There was only one fall on the uneven bars event and at the end of this round, Ilieva scored 9.75 with Goedwin right behind her at 9.7 and Agache and Xiaoli at 9.65. These four gymnasts were constantly on each other's heels throughout the competition in general, the routines contained 4 B elements, SCs and 1C.

Next was balance beam. This is the one event which usually makes or breaks the gymnast, especially under tense competition. In general, the routines contained 3-6 As & 4 B's and 3 C's with 1 or 2 C's elements. Original and rare elements included



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Michelle Gusselke

Mount front salto on, round off flip-flop on to balance beam. Dismounts included double back and Tsukahara, arabisch 1½ twist. Combinations within the routine included Korbut flip-flop swing down, straddle jump across beam, leap to immediate back tuck salto, and planché. In general, there were nine acrobatic skills performed plus dance skills, but there was a good mixture between the aero and dance elements. Blenko and Apache both pace beam very well and have few execution errors. There were four gymnasts who had two falls each and this seemed to be the result of meet pressure. Goodman scored a 9.6 on Beam which is one of her best events. This is one of the few times she held back just a little bit and was not as attacking as she usually is on the balance beam. Apache pulled ahead with a 9.65 and Blenko was right there with a 9.75 for a truly great routine.

Going into floor exercises, the top gymnasts were indeed very close. Xuoli 28.85, Goodman 28.90, Blenko 29.00 and Apache 29.10. Michelle performed her usual beautiful routine with good expression and warmth throughout to score 9.75. Xuoli opened with a double twist and ended with a double twist and had an arabisch 1½ sitz in the middle to score 9.8. Apache won my favorite on floor exercise with a bright and lively routine. She opened with a full 1½ back out and spiraled throughout the exercise, score 9.8. Blenko opened with a double tuck, had a double twist in the middle and ended with a double back. Her flexibility and expression of movement were exquisite and scored 9.9. Final Results: Blenko and Apache tied 39.90, Goodman and Xuoli tied 38.65.

Linda Chernosky

International Championships of Italy

December 8, 1982

Milan, Italy

Women's Results

		V	BK	BB	FX	All	
		Y	BB	BB	FX	Total	
1	Natalia Denko	ITA	9.50	9.75	9.75	9.80	39.80
2	Lourdes Apache	ROM	9.50	9.55	9.65	9.60	39.30
3	Miriam Benders	USA	9.40	9.78	9.60	9.78	39.58
4	Ting Xuoli	CHE	9.35	9.75	9.65	9.65	39.55
5	Anzhia Topuridze	GDR	9.20	9.20	9.20	9.20	38.70
6	Ancil Riosan	FRA	9.00	9.58	9.50	9.50	38.58
7	Rosa Nogoli	ITA	9.35	9.35	9.35	9.35	39.70
8	Lars Bertola	ITA	9.40	9.65	9.45	9.55	39.70

Men's Results

		D	PR	S	V	PS	HO	All	
		D	PR	S	V	PS	HO	Total	
1	Emilien Rothlisberger	SWI	8.60	8.55	8.75	8.75	8.60	8.65	52.45
2	Thierry Leterre	CHN	8.70	8.10	8.70	8.65	8.50	8.50	52.10
3	Barri Connor	GBR	8.65	8.49	8.76	8.48	8.60	8.60	52.00
4	Edmund Russell	IRL	8.60	8.50	8.60	8.55	8.50	8.50	51.80
5	Ariston Nagy	HUN	8.50	8.75	8.70	8.65	8.50	8.50	51.80
6	David Loughran	IRL	8.30	8.40	8.30	8.30	8.30	8.30	50.90
7	Edgar Joss	FRA	8.40	8.60	8.70	8.60	8.50	8.50	50.90
8	Vadim Kravtsov	SOV	8.60	8.55	8.70	8.60	8.50	8.50	50.80

LONDON

WOMEN'S REPORT

COCA-COLA INVITATIONAL—Since its inception in 1977, the Coca-Cola International Gymnastics Tournament has continually grown in stature and has become established as an event of significance in the calendar of international invitational competitions. Among those who have competed in this prestigious competition are such eminent gymnasts as Li Ning, Bart Conner, Nadia Comaneci, Elena Davydova, and Natalia Ilinskaya. So goes President Edmond's message to the 1982 tournament from which the name Marie Rothlisberger emerged as the dominant figure in this year's competition.

Marie, along with Laci Collins, were the two U.S. representatives to this year's sixth annual tournament held in Wembley, England. The competition itself was held at Wembley Arena, site of the 1948 Olympic Swimming and Diving Competitions.

Among those countries competing were the Peoples Republic of China, Japan, Cuba, USA, USSR, and Great Britain.

The competitors included from China, Zheng Yefei, the Jr. National Champion and member of the Sr. Olympic Squad, Lin Baihua, the National Floor Champion and member of the Sr. National Team, from Cuba, Elsa Chacon, the Sr. National Champion and Silver Medalist in England's 1982 Championships; all competitors, Orlitz Martinez, the National Vaulting Champion and Sr. National Team Member, from Japan, Noriko Mochizuki, the Jr. Champion and now Sr. Team Member, Chiharu Oyagi, a thirteen-time National Team Member, from Russia, Elena Vasileva, 14 years old, and a sixth place finish in the USSR National Senior Championships, from Great Britain, Hayley Price and Amanda Harrison, both National Team Members and 13 year old Sally Lanes, from USA, Laci Collins, a National Team Member for four years, a 1980 Olympian, Marie Rothlisberger, the 1982 National Beam Champion and competitor in USA Dual competitions in 1982 with the USSR, Hungary, and the Peoples Republic of China. (Aliia Shashova protégée of the Belorussian F. Romanovskiy from Russia, scratched, therefore, the reason for three English and one Russian gymnast.)

Day one, December 11, the men's and women's AA competition found Marie and Laci in two different groups with Marie on vault and Laci with a bye. Marie competed with a layout vault that was a bit low on landing for a 9.4 score. Laci pulled through with a fine ½ back (cuervo) vault that scored 9.7 and tied her

for the lead going into vault faults. Other vaults included: Oriell Martinez 3/1 twisting back, a bit sloppy for 9.5; Sally Turner layout vault at 9.6; Hayley Price 1/1 out 1/1 for a 9.7 and then two somewhat controversial vaults in which Zhong of China does a double twist over the horse bar that doesn't appear to actually touch it. (She might have on vault #3, but surely didn't on the second one in vault finale.) Her score: 9.4. The other controversy came when Veselova attempted her first vault and landed on top of the board (now FIG rule that the vault board is part of the apparatus and cannot be touched). Her second vault was a round off on back handspring back tuck (ok for an 8.8). She then took a third approach at a round off back handspring layout vault for a 9.7 (try trying not go further than being told we will discuss it after the meet).

Moving on to her—Maria had the misfortune of being first up and being underscored at 9.45 for a routine that consisted of back stoller blind change immediate from gainer pommel to low medicine back giant reverse back tuck middle back over low bar to handstand overshoot to high bar and back gainer to a double fly-away tuck! Professing the score and getting 1 for a 9.95 put Maria in the lead going into the bat trials. Then, on the other hand, working with a completely new optional set, simply didn't fit. She came up short on her onward front stoller pommel, over rotated a toe on reverse backtuck and came up short on her circle prior to her dismount. Score: 7.75. Other bat highlights included Veselova's judge rule, two bent knee gainer and a good double flyaway for 9.5; Chivari doing two gainer to a double fly-away to score 9.5; and Yurba's free hip hop in handstand and double flyaway dismount, score 9.2.

Down by .25 in the AA, Maria proceeded to hit her beam routine by mounting plange to press handstand side leap (with kip), back handspring layout back handspring (wobble), ½ back handspring chest roll, side rolls back handspring ½ turn step out handspring and R.O. double twist dismount, for a score of 9.6. Unfortunately for Lucy, her problems didn't end at bars. She missed her scissor leap immediate punch front and stumbled forward out of her R.O. double tuck dismount for a disappointing 8.55. Veselova, the AA leader, scored a 9.4 for a routine that lacked in difficulty rhythm and expression. (MT précis to handstand lower to one arm gut lever, back handspring back tuck, and R.O. double tuck dismount.) Chivari down by .1 behind



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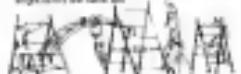
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Marie, scored a 9.45 for a flat footed routine that landed in amplitude form and a cowboyed double tuck dismount.

DS now separated Marie from Veselova with only floor exercise remaining. Veselova was first up and performed 1/1 in whip back to layout and double back tuck that landed precisely with the ending of the music, score 9.55. Marie followed with a whip back through to double pike (stepped out = 1), unders through to double twist and double twist dismount to the tune of Rhapsody in Blue for 9.6. Clavin fell further behind with a 9.1 and faced rebounded with a towering double pike mount (stepped out = 1), double twist and double tuck dismount for a well deserved 9.55.

Final All results found Marie and Veselova tied for first at 38.15 and both qualifying for all four event finals the following day. Clavin was also tied for first in vault and 95 behind Marie in floor exercise.

Marie dominated finals after scratching on vault to win bars at 9.7 win beam 9.6 and win floor at 9.65. (Difficulty with a second C vault was the reason for the scratch on vault.) Luci's major mistake continued to haunt her when she violated a layout vault for 9.65 and came back with a spectacular comes ($\frac{1}{2}$ bk) that over assisted four running steps backward and ended up on her seat for 9.1 and second place behind Great Britain's Hayley Price's 1/1 on 1/1 off and 1/1 off. One last chance, floor exercise, and one more time Luci overestimated her sky high double pike mount for a disappointing fifth place finish. Veselova finished third on vault, second on bars, fourth on beam, and second on floor.

Steve Gernreich

Coca-Cola Invitational

December 12, 1982

London, England

	V	B	BB	F	Total	
11	Marie Reschbäumer	USA	9.45	9.05	9.05	38.15
12	Dina Veselova	RUS	9.15	9.50	9.45	38.15
3	Fiona Chinn	CUB	9.25	9.00	9.15	37.40
4	Sally Larmer	GBR	9.45	9.00	9.05	37.90
5	Amanda Harmon	GBR	9.35	9.25	9.45	36.95
6	Zhang Yanli	PRC	9.40	9.05	9.05	36.50
7	Liu Xulan	PRC	9.25	9.05	9.05	36.00
8	Monica Macchiaroli	JPN	9.10	9.20	9.95	36.25
9	Hayley Price	GBR	9.75	9.00	9.75	36.50
10	Dolores Syred	JPN	9.50	9.25	9.05	36.80
11	Brigid McNamee	CUB	9.60	9.05	9.75	36.35
12	Luci Collins	USA	9.75	7.75	9.55	35.00

Event Finals

GYN

	Prv	Finals	Total	Pl
Reilly Price	GB	9.75	9.15	1
Zhang Yanli	PRC	9.40	9.05	2
Sally Larmer	GB	9.45	9.25	3
Amanda Harmon	CUB	9.50	9.25	4
Luci Collins	USA	9.75	9.75	5
Dina Veselova	RUS	9.75	9.25	6

UNEVEN BARS

	USA	GB	PRC	CUB	GBR	PRC	GB	USA	GBR
Reilly Price	9.55	8.75	9.15	9.15	9.15	9.15	9.15	9.15	9.15
Zhang Yanli	9.00	9.05	9.05	9.05	9.05	9.05	9.05	9.05	9.05
Sally Larmer	9.00	9.25	9.25	9.25	9.25	9.25	9.25	9.25	9.25
Amanda Harmon	9.00	9.25	9.25	9.25	9.25	9.25	9.25	9.25	9.25
Luci Collins	9.75	9.05	9.05	9.05	9.05	9.05	9.05	9.05	9.05
Dina Veselova	9.75	9.25	9.25	9.25	9.25	9.25	9.25	9.25	9.25

SHOVEL BAR

	USA	GB	PRC	CUB	GBR	PRC	GB	USA	GBR
Reilly Price	9.05	8.75	9.15	9.15	9.15	9.15	9.15	9.15	9.15
Zhang Yanli	9.00	9.05	9.05	9.05	9.05	9.05	9.05	9.05	9.05
Sally Larmer	9.00	9.25	9.25	9.25	9.25	9.25	9.25	9.25	9.25
Amanda Harmon	9.00	9.25	9.25	9.25	9.25	9.25	9.25	9.25	9.25
Luci Collins	9.75	9.05	9.05	9.05	9.05	9.05	9.05	9.05	9.05
Dina Veselova	9.75	9.25	9.25	9.25	9.25	9.25	9.25	9.25	9.25

BALANCE BEAM

	USA	GB	PRC	CUB	GBR	PRC	GB	USA	GBR
Reilly Price	9.45	9.50	9.50	9.50	9.50	9.50	9.50	9.50	9.50
Zhang Yanli	9.45	9.50	9.50	9.50	9.50	9.50	9.50	9.50	9.50
Sally Larmer	9.35	9.45	9.45	9.45	9.45	9.45	9.45	9.45	9.45
Amanda Harmon	9.35	9.45	9.45	9.45	9.45	9.45	9.45	9.45	9.45
Luci Collins	9.45	9.50	9.50	9.50	9.50	9.50	9.50	9.50	9.50
Dina Veselova	9.45	9.50	9.50	9.50	9.50	9.50	9.50	9.50	9.50

FLOOR EXERCISE

	CUB	USA	GB	PRC	GBR	PRC	GB	USA	GBR
Dina Veselova	9.75	9.05	9.05	9.05	9.05	9.05	9.05	9.05	9.05
Luci Collins	9.75	9.05	9.05	9.05	9.05	9.05	9.05	9.05	9.05
Doreen Yip	9.75	9.05	9.05	9.05	9.05	9.05	9.05	9.05	9.05
Reilly Price	9.75	9.05	9.05	9.05	9.05	9.05	9.05	9.05	9.05
Zhang Yanli	9.75	9.05	9.05	9.05	9.05	9.05	9.05	9.05	9.05
Sally Larmer	9.75	9.05	9.05	9.05	9.05	9.05	9.05	9.05	9.05

MEN'S REPORT

COCA-COLA INVITATIONAL: — On December 12, 1982 the men's delegation makeup of Marc Biagiotti and Joey Ray gymnasts, and coach Edith Koethlberger arrived at Heathrow Airport in London to participate in the sixth annual Coca-Cola International Invitational Gymnastics Meet held at historic Wembley Arena. The head of our men's and women's delegation was Jerry Mihm who kept us all informed of what was happening next, when and where. The women's delegation was made up of Luci Collins and Marie Reschbäumer, gymnasts, and Steve Gerlich as coach.

Six nations participated in both the men's and women's portion of this competition which included an all-around contest on Saturday afternoon, December 12, and an individual events finals Sunday afternoon, December 13. Twelve male and twelve female gymnasts took part in what was a strong field of gymnasts. In total participating countries were Japan, Peoples Republic of China, Russia, Cuba, USA, and host country Great Britain. The notable male participants were Xiong Songling of China who placed fifth in their national championships, Roberto Richards a long time Cuban National Team member and Cuba's number two man, and Sergio Sánchez, also of Cuba, who scored a 10 on horizontal bar in the 1981 World Championships as well as placing fourth on vault in Moscow that year. The notable Russian entry

was Stephan Martosikov who finished fourth in the USSR National Championships just 0.15 behind current World Champion Yury Korsukov, Japan sent Toshihiko Okada who is among Japan's top ten.

Okada was the all-around (5710) with solid performances on all events over Martosikov (5709) who faltered slightly on parallel bars. Point totals dropped off with Songleng in third at 56.85, Suarez at 56.05 as fourth, and Liu Ming of China at 55.95 in fifth.

The two American men did not have a particularly good day against the more highly ranked gymnasts of Russia, Cuba, Japan, and the Peoples Republic of China. Matt placed eleventh with 54.95 and Joey twelfth with 54.80. Matt struggled on horse and rings, while Joey missed seriously on parallel bars and horizontal bar which are normally his two best events. The highlight of the meet for the American men was Matt's great horizontal bar routine in the finals which raised him to fourth place in that event. Perhaps both Matt and Joey were at a little disadvantage both being somewhat unknown internationally. They are, when performing well, equal to all the gymnasts who participated in the meet except Okada, Martosikov and Songleng.

The competition was topped by a few truly great routines among a generally excellent level of performance. The Chinese, as usual,展示了 great with double layouts in the rafter. Martosikov performed flats both on floor and pommel horse and went to handstands in both instances. On pommel horse he performed a double swing behind his back from back loops to front loops, which was very nice. Cuba was set to win the last three event finals with Suarez averaging 9.925 for his two dual vaults securing first and Suárez whirling parallel bars, but then Suárez who had a high bar prelim score of 9.7 when he made a 1½ twisting Gainer missed his front to ingrap in finals which came from one arm in eagle grip. He did a full twist over the bar catch on one arm with an immediate ½ turn to eagle grip and one eagle grip finish front flip catch. Suárez is some kind of a horizonal bar man who at about six feet and 180 lbs makes Mario McGillicuddy look diminutive.

Horizontal bar, as usual, was a great way to end a whirlwind weekend trip which lasted Wednesday evening through Monday afternoon from departure in the States to our return in the States. It was altogether too fast and left us with no time to think about anything but competition or do anything but compete. Travel, training, and competition took up our time except for Friday afternoon when a few hours were available to strike out on our own for a ride on the "tube" to downtown London. An appreciation thank you must be extended to our English hosts who, although we didn't have much opportunity to mix, did their usual exemplary job of running a tremendous and efficient weekend of competition.

Fred Roethlisberger

Coca-Cola Invitational
December 12, 1962
London, England

	FS	PB	R	V	PR	HG	Total	
1. Toshihiko Okada	JPN	9.76	9.20	9.00	9.20	9.04	8.80	87.13
2. Stephan Martosikov	URS	9.60	9.20	9.00	9.20	9.26	9.04	87.39
3. Xiang Songleng	PRC	9.58	9.35	9.00	9.20	9.00	9.00	86.93
4. Sergio Suárez	CUB	9.42	9.00	9.00	9.45	9.26	9.73	86.90
5. Liu Ming	PRC	9.35	9.00	9.00	9.40	9.45	9.05	86.80
6. Joey Molyneux	GBR	9.18	8.95	9.00	9.40	9.45	9.00	86.78
7. Barry Worch	GBR	9.20	8.95	9.00	9.40	9.45	9.00	86.78
8. Roberto Patricay	CUB	9.00	9.15	9.00	9.20	9.45	9.20	85.55
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PRO OR CON THE LAYOUT SQUAT VAULT

DICK FREEMAN

The layout squat vault is a difficult vault to perform with above average amplitude. The reasons for this difficulty are a combination of factors which require, at times, above average ingenuity to execute a seemingly "simple" basic skill.

First, as mentioned in Dick Freeman's following article, the layout squat vault requires a reverse in motion (forward to backward). Once this forward motion begins, at the point of contact with the vaulting horse the gymnast must immediately reverse this motion.

The only way to initiate this reverse motion is through shoulder strength. The biomechanics required to correctly and safely execute this vault demands intense shoulder strength.

Because Class IV compulsory vaulting for competition may be trained by gymnasts from all age ranges, their physical development (i.e. strength and coordination) will be at many stages. For example, a more physically matured gymnast may require an even greater degree of shoulder strength to safely complete the vault.

Also, the Class IV female gymnast is at the beginning level of competition training which philosophically should require basic level skills. The reverse of motion required in the layout squat vault demands a level of coordination development which is not congruent with the majority of skills associated with beginning gymnastics.

Maz Watanabe and Ward Block

A little over two years ago a committee was formed to develop the new USGF age group compulsorys. This committee should be commended for the work that they have done to further age group gymnastics in the United States. The level of gymnastics has increased immensely, and we now have a very good method of progressing our beginner gymnasts to the elite program. In the developing of the new routines there was one mistake that was made. It was not with the upper level program but with the beginner Class IV compulsorys I am of course, talking about the Class IV vault, layout squat.

The layout squat vault is not a good vault to teach beginner gymnasts. When done correctly, it is a very technical vault and is one of the few vaults that requires a reverse in momentum in the after flight. When a gymnast performs the vault, and the heels are in the correct position in the pre-flight, and shoulders are in front of the hands, the gymnast will have problems in landing the vault. I am sure, if you work with this skill, you have seen the effect when the hands do not come off the horse quickly enough. Many gymnasts have been injured attempting this vault.

Last year at the 1981 RG Texas Class IV State Meet, I personally observed several gymnasts who received injuries attempting a layout squat vault. One gymnast, in particular, lay on the mat for several minutes before she could get up. Let me estimate this

was the State Meet, not just a qualifying meet. These were the top Class IV gymnasts in the state of Texas. The less skilled gymnasts were having even more problems with the vault.

This vault is technically too difficult for beginning gymnasts to do. I personally feel that I have to always be ready in case a spot is necessary during practice and competition. This is done not because my gymnasts are not good readers, when, in fact, they are averaging a score of 8.5 but even the best gymnasts are not able to consistently perform this vault without the ever present threat of not being able to reverse the momentum in the after flight and land on their feet. There should be no need for a Class IV gymnast to perform any skill that cannot consistently be done without the fear of landing on her head. Consequently, the fear of getting hurt for many gymnasts is more dominate than the desire to get a high score.

"The problem is not the gymnast nor the coach, it's the vault."

The problem is not the gymnast nor the coach, it's the vault. A survey was taken in the state of Texas to see how other coaches felt about the layout squat vault. Each coach was asked to sign the survey in order to give accreditation to the results. It was stated if the layout squat vault was a good transitional vault to teach beginner I am still getting responses to the survey, but of the 71 that I have, 100% of the coaches stated that the layout squat vault is not a good vault for beginners. It is not a transitional vault which would lead to the handspring and does not serve as a good vaulting foundation for our beginner gymnasts. The survey also asked what vault would serve as a good Class IV vault. The following are suggestions which I received:

Handspring with the height of the horse at 100 cm — 110 cm
Handspring judged the same as Class IV bar with no distance deduction

Handspring judged same as a Class III vault.

Squat vault with legs below horizontal

Handspring with very specific judging criteria

Tucked handspring with very specific judging criteria.

I have sent the surveys to the regional chairman and have asked him to conduct a survey throughout the region. I have since found out that the layout squat vault has been suggested to be the Class IV vault for the new compulsorys.

There are over 800 Class IV gymnasts training in the state of Texas, more than the Elite, Class I, II, and III program put together. Furthermore, the Class IV program is the bulk of the competitive level, and I am sure it is this way throughout the United States. It is imperative that we have a very strong foundation for our beginner gymnasts. They must have good basics in order to become upper level gymnasts. It is up to each individual coach to take the time and write to their regional chairman and tell them how they feel about this vault. I am certain that many coaches feel the same as the coaches I have interviewed in Texas. Let's make our findings heard, so that our USGF age group program will continue to be a strong foundation through the compulsory routines in building great gymnasts.

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TAKING CARE OF YOUR SKIN

JAMES J. CAMPBELL, M.D.

One does not often think of the skin as being an impediment to good performance in gymnastics. Nonetheless, certain infections and injuries in the right places can cause enough discomfort to interfere with the proper grip, gait, or balance. Some skin problems can represent health hazards to oneself and one's teammates. It is therefore certainly worthwhile to pay attention to details of hygiene and early intervention with proper techniques, in order to prevent simple problems from advancing into major problems.

PERSONAL DIFFERENCES — The starting point is to have a correct concept of one's own complexion. There are enormous variations in individual skin characteristics. Of particular importance is the degree of inherent dryness and the characteristic amount of sweating whilst you exercise. Those individuals with dry skin will be more vulnerable to skin infections and will be more likely to experience fissuring and cracking of the callous of the palms and soles. Frotting and reddening skin moisture, and being especially mindful of the condition of the palms and soles will be important.

Individuals who sweat heavily will be more vulnerable to problems of fungal infections on the skin. Their callous will tend to be undermined, and split and shear.

HYDRATION — Nearly all gymnasts will require some hydration of the callous of the palms, owing to the thick callous and the use of chalk. As everyone knows, a gymnast is easily recognized by his large hands and thick callous. This callous is a definite problem. If not properly conditioned, the callous will become overly dry, and excessive flaking, tearing, and fissuring will occur. Many gymnasts wear gloves for lengthy periods, in order to soften and condition the callous by heat and sweating. But, if this is done to excess, or without other care, this practice may be counterproductive. Sweating in the lower layers of the callous will undermine it, and cause the appearance of anything from multiple tiny bubbles and blisters, to broad fissures and flaking. These then become a setting for infection. For the palms and hands, the best approach that I know is to use a UREA CREAM. Linoleic creams are inappropriate for this need, because they merely trap moisture, and may promote the undermining of the callous in the manner mentioned above. Urea, on the other hand, is hydrophilic and actually draws moisture into the callous. It has a softening effect on the stratum corneum, and also helps to promote removal of some of the looser scale. The urea makes the skin more pliable by dissolving hydrogen bonds and the epidermal keratin. The end result of this seems to be a callous that is of more uniform consistency throughout its thickness, and thus lessens the risk of fissuring and cracking etc.

Another important advantage of the urea creams for the gymnast is that they inhibit bacterial growth and fungal growth. These are important hazards in the hands of gymnasts, and so this secondary benefit of urea is of great significance. Preventing infection can limit the discomfort and promote more rapid healing.

Urea creams are available in drugstore cosmetic sections. Druggists who do not carry them will usually be glad to order them for you — especially if they know you'll be wanting a regular supply. The creams sometimes sting a bit when applied, but this is usually minimal and can be ignored. A few individuals will find the cream too irritating, and should not use them. I suggest a 10% cream for most gymnasts (e.g. Aquacare 10%). A 5% cream (Aquacare) is also available for those who find the higher strength too irritating. Individuals with very dry skin may con-

sider concentrations of 15%-20%, which can be made by prescription.

INFECTIONS — For obvious reasons, the special problem area for skin infection in the gymnast again is the hand. Some gymnasts may experience problems with superficial fungal infections in the groin area, or on the feet. And, of course, any skin-healing injury may eventually be complicated by bacterial skin infection if not properly attended.

In the hand, it is important to be aware of certain vulnerabilities because of the callous, and because of the sweating and moisture present. When an infection develops in the callous, it is important to trim the overlying callous away from the infected area. This need not be harsh, but should assure a smooth margin and the access of air to the infection. Most people treat these lesions with topical antibiotics (e.g., Beradine, Corsiporia, Poly-sporin, etc.) BUT THIS IS NOT OPTIMUM. These preparations have been shown to be ineffective, may cause sensitization, have no anti-fungal activity, and have no advantage for the healing process. The first principle to observe is to keep the area as clean as possible with plain soap and water; together with what ever protection is practiced. Air exposure when possible is also advised.

"If not properly conditioned, the callous will become overly dry..."

Skin infections in the groin area are usually fungal, also. They are usually of a different species, however, and are manifested by breast areas of thickened and reddened skin, which may or may not be itchy. The fungus is usually there, the same organism that causes athlete's foot. These infections are best avoided simply by providing good aeration, and keeping the area dry. Nylon and synthetic fabrics are not usually very breathable, so if you have trouble with these infections, use cotton — at least in your workouts. If you acquire an infection, then try a tincture 1% cream (available over the counter as Tinactin, Alatec, etc.). Powders are NOT effective in curing an infection. However, after an infection has been controlled, use a talcum powder daily for 6-8 weeks to prevent a reoccurrence.

Bacterial infections on other areas of the body (impetigo) which are large or do not respond to cleansing and local care as described, should be treated with the addition of a short course of an oral antibiotic (usually dicloxacillin or erythromycin). When proper local care is continued, a three to five day course of therapy will usually clear these problems up quite promptly.

In summary, the following general rules should help you minimize problems in your skin:

1. Individualize the general care of your skin with regard to its proper hydration and sweating.

2. Hydrate your palms, and reduce the chances of bacterial and fungal infection by the use of urea creams.

3. Treat wounds promptly with local hygiene, practical protection, and silver sulfadiazine when necessary.

4. Control fungal infections by keeping areas dry, using cotton fabrics, and early use of talcumate when necessary.

5. Request oral prescription for large areas of infection, or for infections which are not responding promptly to the above measures.



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*KATHY JOHNSON INTERVIEW
PART II*

The following is the second and concluding part of Kathy Johnson's interview. The first part appeared in the November/December 1982 issue of USGF Gymnastics Magazine, and centered around Kathy's background and competitive experience and accomplishments. In this issue Kathy talks specifically about her daily training, in-depth about dance and concludes with some thoughts about what the future may hold for her.

Interview by Roe Krauter and Ward Black





Before going into specifics, outline your basic training programs.

I usually train six days per week for about four hours each day. This includes my beginning warm-ups and stretches and flexibility exercises at the end of training. The hours per day, however, do vary depending on the time of season. I will spend more time on the gun to concentrate on a problem area but never more than five to five hours. Around a series of competitions, I will spend less time training because I'm in good condition and the workouts are geared more to specific routine preparation. The day prior to a meet I workout in two sessions, each for one-half the duration of a normal day of training (about 2 hours). I do not take a whole day off prior to a competition.

Has your training pattern changed at all through the years?

I went for a long time where I did not ever take a day off. I only began to take a day off when I went to Chicago to train with Bill Sandt. He required it regardless. By that time it made sense to take off a day as it gives your body a chance to rejuvenate. Rest is just as important a factor in training as is dance, strength, flexibility or whatever.

I'm a typical training schedule, how far in advance do you plan your workout strategies? Do you go in on a Monday and set the pace for the week, or do you have a two week plan, or by the second or day by day?

I alter training day by day. Basically, I try to establish a specific plan for each week. However, that weekly plan will fit into an outlined plan for that month as well as into a plan for the

As a part of the Delco sponsorship with the USGF, Kathy Johnson gives direction to members of a gymnastics demonstration team at the New York City Auto Show.

upcoming year I have a lot of different plans, and in order to accomplish my weekly schedule or my monthly plan or set a training strategy for a competition, then I just alter my training accordingly. After so long, I can tell if I need to speed up or when I need to slow down to get into the right pace.

Does anyone help set the pace for your workouts?

Now I do, but that has not always been the case. This is quite different than with other coaches like (Vivian) Edwards or (Bill) Sandt. They had set up all the workouts. With Mr. Edwards, I trained in a group. At first we all trained together but the next year all others or those wanting to be elites trained together. With Bill, we also did about the same thing. He was training 32 girls while I was in Chicago, and the groups consisted of 4 or 5 members in each group.

Now, in Georgia, our gym also has the girls training in different groups. However, because I've grown to be able to determine my training schedule, and with my injuries, I'm a little bit more free to choose which group to train with. It depends on what area I need to work and the time of season for the different competitive levels in our gym.

You are involved in teaching and coaching as well as your own practice. What is your daily schedule?

Each morning I do whatever personal errands or projects that need attention. Then I go to the gym at 1:00 PM and begin workout at 1:30 and stop at 5:30 PM. On Monday, Tuesday, Wednesday and Friday I coach a class III compulsory and optional team from 7:00 PM to 9:00 PM. I usually also work one day on the weekend with the team, and on Wednesdays, I work 45 minutes each with two groups of boys—a younger group and an older group. We do toilet exercises at the bar which are designed a little different but specifically for boys' grossmazes.

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Kerley hopes her future will include coaching gymnasts at the national level. Here she works with a younger gymnast at the dance barre using the mirror to aid her instruction.

Now, one day to stay basic, what is your training schedule? What do you do when you first come into the gym?

First, I stretch. Then I go through my ballet warm-ups. They are a very good warm up while also helping to strengthen you also. They also help mentally prepare me. Following the ballet warm up, I stretch a little bit more, concentrating on whatever special areas may need the extra attention.

Then I move into the major events. I usually go first to beam, and then to bars, spending about 1½ hours on each piece of equipment. I used to be a creature of habit. For months I would go to beam first, then for months I'd go to bars first. Now, sometimes I will do floor while I'm fresh. Usually I save vaulting for last.

At the end of a daily workout is conditioning and stretching. I alternate this daily, condition one day then stretch the next. Unless I'm injured or rehabilitating an injury. Then I do conditioning every day.

What does your conditioning and stretching consist of?

I will work with weights, but usually only at the beginning of a season and during the summer. I like Nautilus type equipment, and if that is available I prefer to utilize that. During season then, I concentrate on pushups, situps, and leg raises. I select my strength exercises to improve my handstand positions and for leg lifts.

For stretching, I concentrate on different types of over-stretches. I will pile up two mats and put my leg up on that and do sit my splits and hold from 1½ to 3 minutes in each position. I always stretch my shoulders and upper-back. We work so much strength that I always feel very tight in my shoulders, and to enhance the dancer parts good flexibility is so necessary.

Do you do any jogging or running or any aerobic exercise at all?

I used to run a lot, sometimes 3 to 4 miles before every workout, but no longer. Now, I run in spurts and run for enjoyment not endurance. In heavy competition, I do not run at all. I

me because it gives time to think and to enjoy the outdoors.

When you are training in preparation for a major competition, how many weeks ahead do you ideally like to plan your work out schedule?

It depends. There have been times when I've taken as little time as two weeks, but I do not like to do that. Most of the time my preparation time depends on what goals I may set for myself for a particular meet. Ideally I would like to have between 4 to 6 weeks. In that time frame I am able to start, then build up towards a specific peak, and then have the last week to keep up the intensity but be able to slack off in numbers and time. This way I feel rested and prepared, and allows me that extra energy to compete.

In the past, I have gone right up to the last day and pushed, and pushed and pushed in preparation for a meet, but by the day of competition I was fatigued with a little bit of fatigue. You have to save that last little extra bit for the meet. That is a hard thing to learn and overcome. I had always wanted to push a little extra more in those last days of workout, but I've discovered to cut back a little, once in good condition, is beneficial for competitive energy.

No matter what level gymnast you are, workouts are always easy when you are healthy and happy. The tough part of training is learning how to workout when you are injured or fatigued. How do you approach your training when you are just not into the gym that day or you have an injury?

"When I go out and do a routine ... I have a story to tell, or a painting to paint or music to write."

There is physical fatigue and also injury, but there is another syndrome a gymnast can fall into -- "burnout". All three can be dealt with if just each average daily workout is approached with a goal in mind.

I think a lot of gymnasts just fall into a routine of just going into the gym day after day and that's where you hear burnout. I really don't believe in it. But if you do approach each day like every other single day then it will become a drudgery and you will be burnt out. You should approach it as something new each day, saying I want to get this out of the day or I want to learn to master this, or become stronger or more flexible. To have a certain goal, even just a small one, for that day and to accomplish it. Then, when you walk out of the gym you can say I've accomplished something. Now, that small accomplished goal is going to lead to my dream. That is the reason that I started gymnastics in the first place. Now, it's leading somewhere. That's when you have a feeling that your time in the gym is worthwhile. That's what is worthwhile about being involved in a sport.

Would you say the same holds true when you are injured?

Right now I have injured my foot, and I've been out of the cast for a week. Everything I choose to do during my workouts is basically for that injury. To help rehabilitate my injury I set goals and work towards them. I adjust and alter my training. Now my workout plan and weekly goals are changed because of the injury. I don't stop going into the gym, I just change my plan.

I have to be careful of my ankle. I'm doing exercises to strengthen my ankle and calf, and selecting exercises to prevent where it was broken. I'm doing a lot of dance exercises. I can't run or vault or hand stand so I'm doing exercises that I go up on my toes. That way I'm working on strengthening my ankle. I'm working on getting my ankles stronger, and I'm working on other things that are weak.

That's another goal now. They need to work around their weaknesses and injuries. They do hundreds of other things so

that they will feel they are getting something accomplished. Injuries are not a whole lot of fun. Nobody said that it was going to be. In order to regain your level and to work out doing the things you enjoy you must get the injured area strong again. This will prevent re-injuring the same area and get you back where you started.

I guess I'm lucky in that respect, the conditioning and that sort of thing is a part I enjoy. I really like doing those types of things that I know will make the whole picture better. I like working on the little things.

When you would be talking to a group of 12-year old junior gymnasts, what would you stress to them at the most important part of their training for their developmental age?

Flexibility and Strength. If your training advances too far without concentrating on these two parts it becomes even harder to go back and work on this. It is so important to address these while they have the time to do so and while they are still developing.

They must develop that strength. Not brute strength. Ankle strength for toe points and for going up on the toes. Hip strength for leg lifts, strength in the arms and shoulders, not just for bars and tumbling but for extensions.

I do not think that people realize the importance of strength and flexibility soon enough in basic training. Strength and flexibility are overlooked. To me, this is why we can't compete with the Russians. They have this flexibility and strength. We have the skills, but we just don't have that "thing" that gives it all the finishing touch. Everybody thinks that these points are such a small thing, but to me these are the big things.

I wish more people would realize this. It makes gymnastics easier; it really does. If you have the strength and the flexibility it is going to help you win. In order to have your body win, you must have the strength to put your body where you want it.

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Do you feel an over emphasis on competition at these developmental ages has short-circuited these things that you are going to gain?

In a way, because the girls want to get there right away tomorrow skills were [difficulty]. It's hard for them to believe that skill-learning is going to come easy. They have the talent to learn these skills.

These other things they must learn. Now, they are overlooked because difficulty is being emphasized. It's not that strength and stretching and extension are not emphasized, it's just that they think it will all come with age. They don't believe they can develop that from day one. That is when it should start. Not after they have all the skills, and then begin to work on the polish. This polish should happen at the same time as still development.

This lack of strength and the polish, it should have happened years ago. Compare our handstands on any event with those of the Russians or the Chinese. It is not there! Basic strength and flexibility. These need to be brought up, and not only after the girls make the national team. It's like people will wait to make the national team and then they say now we can add the polish. This should have happened in class, before they ever even went and began competition. This takes time and energy, and until we decide that it is worth it to train all girls as if one day they will all be on our national team, then we will not win. These basic programs should be incorporated into all classes. Then we are going to have a wider selection of top gymnasts, and we are going to set a standard we will have to live up to. This is what the Russians have done, and why they are good year after year. They have these standards, and they live up to them. We don't have that standard; we are just trying to go for it and it's not like we have any standards.

I would like to see this happen. If I have ever been accused of being anything, it is of being too serious. But I don't feel that this is right. I think it is in our sport; our sport is more than a pastime. It's been more to me than that, and I hope others can say that. There is more than just being able to go out and show the world that I learned this. I feel strongly about this. Hopefully, if I keep talking about what our national program needs, then it will begin to start in the classes. Building for strength and polish. Because we get our gymnasts off the way up to national team and they don't have these things. I hate to say we make excuses, but it's a hard job. We are trying to keep up with the rest of the world's scores with inadequate developmental training programs and philosophies.



In 1977, Kathy captured the prestigious American Cup All-Around title. With her is the men's champion, Japan's Mikio Takahashi.

That are known around the world for your ability to bring a beauty to your competitive performances. Who did you begin your dance training with?

With a lady here in Atlanta, a few weeks prior to the 1976 Olympic trials, and I was scared to death. I first went in because everybody had told me I danced like a washing machine, and I was embarrassed by my dance. I did good floor routines because I could tumble, and I could score 9.1 or 9.2ish, just because of my tumbling. I would just kind of zip through the dance and get to the tumbling part.

So I went in and showed her my routine and then went over to listen to how bad it was, she told me there is nothing wrong with your dance technique. And I said, "Then how come everybody says I dance like a washing machine, and I'm scoring 9.1 and 9.2 when I need to be scoring at least 9.5 or better?" She explained, "No, your technique's fine, but you don't know how to feel when you dance, you don't know how to express. When you dance it's like you're dancing for every single person that is in the gymnasium watching you. You're giving of yourself and you have to tell them a story you have to paint them a picture, you have to write them a song."

And I'm sitting there, thinking, all in one floor routine? I'm going to be busy here. At first, I didn't understand and I kind of giggled. I thought to myself that's silly. I can't write a song or paint a picture or tell a story. I didn't say this, of course, I just stood there. Then, I started to realize while she was speaking there talking to me with her hands and with her body, she just got into it, telling me how to dance. I started moving with her and getting excited. And I said, "Yeah, I do understand." It was like she was singing with me or she was painting a picture of me. See and that is so many floor routines now she sees people trying to be different and unique and that they look like somebody had this beautiful painting that got paint blemishes all over the painting when they didn't belong, when they made no sense.

So now, when I go out and do a routine, I think of, I have a story to tell, or I have a painting to paint, or I have music to write. When you do that, a simple hand movement or you turn your face or use your eyes, it's telling a little part of your story. It's like you're reaching out and touching everybody in that gym. If you go into a routine feeling that way then you're going to leave something with the audience instead of ... I see so many routines and I watch it and when it's over and I thought that was good, I think I don't remember exactly what she did, but there was some good stuff in it. Instead, when a girl walks off the floor routine. You're not just watching, you're a part of that performance. You want to draw the audience to you.

Many people have commented about the emotion you display in your floor exercise routines. It appears that you are doing more than just performing, that the audience is actually seeing how Kathy Johnson feels about her sport of gymnastics.

In those couple of hard years, I kind of lost that. My floor exercise routine at a way looked the same. I was doing the same movements, but it had lost something and nobody knew what it was. Then when they said, "Oh she's washed out, she's gone, she can't do gymnastics anymore, she's too old!" And I thought, it's still there physically, I'm still doing it. But I did a floor routine and I'd walk off and everybody would say, "Oh it was good!" No, it wasn't, because I didn't feel it. I didn't leave anybody with any kind of feeling. They just said, "Oh, she did a double-twist, she did a double-back." She's added this new stuff to her floor. I said great, but I've lost the other stuff, and that's what makes my floor routine. It's not adding a double-back you know. Sure, that gave me 2.8V or whatever that stuff is, but I lost the important thing ... the feeling and emotion.

This emotion, do you think it comes with maturity and after years and years of experience? Or does it come with age or with an appreciation of the world of music. Is it something the



A part of Kathy's daily workout or competition warm up includes her dance warm up. Here she is warming up prior to the 1987 USA/World meet in Hawaii.

younger gymnasts can learn or can feel or be aware that they should look to feel something?

I think so. I would like to believe that everyone has it. They just have to develop it. But it's not something that only a coach can develop or teach them how to. The gymnasts must open themselves up to how they feel about a performance; they're going to do when they're choosing the music or choosing skills and moods. Instead, they look at the mood as though unique that's different, that's going to catch the audience. And the audience may kind of giggle at a part or something, but at the end they're not going to feel that the gymnast have left a part of themselves with them. I look at the routine today and they're getting so cluttered because they're trying to get so much into them and not developing "the feeling" inside the routine. It should be more than just a routine, it should be self expression.

Unfortunately, sometimes this takes a very very sensitive person, and those sensitive people run into a lot of hard times because they can get hurt easily, their spirits can get knocked around a lot. And when that happens, then their gymnastics suffer. You know, the ones that aren't that sensitive, their gymnastics never suffer, really, because it's a more physical thing. Like I said, it's good and it's bad, but I think it's more good than it's bad because when the spirit's there and the heart's there, the gymnast is unbelievable and each performance will last a lifetime. It just stays with you.

As an example, would you say that Amy Kroszner has the same feel research her floor that you have towards yours?

I think she's got it, but she doesn't know it yet. There's still something there that's kind of missing. But she's got it; it's just got to be something that's got to grow and flower. You know, the bud's there and it's got to bloom, and it will.

We would like to conclude with just a couple of questions about your past and your future.

What would you consider to be the highlight of your competi-

tive career to this point?

I guess the World Championships in France (in 1978) were for a long time the best memory I had. (Kathy won the bronze medal in floor exercise and finished 8th in the All-Around competition. At that time, 8th place was the highest any American woman had finished. Now, Joanne McNamee's 7th place finish in Moscow ('81) has bettered Kathy's placement.)

If you had to do it all over again, would you?

Very definitely. You know, along the way there might be a few little changes here and there and now with the experience I have, but in all honor to exceptional that yes, I would do it again.

I think it is interesting that you ask that, because of couple years back when I was going through "one of my hard times" my father told me something. My grandfather was a professional baseball player and at the end of his career they interviewed him and somebody asked him "If you had it all to do over again, what would you do different?" And he said, "I'd do it better." And my father told me, "I don't want you to ever say that." I think that is always in the back of my mind, every day I workout, every meet, I want to be able at the end of my career to look back and say this is the way I would have done it and I don't have to say I wish I would have done it better.

What's future?

I see it going a lot of different ways. Definitely still involved in gymnastics. I don't think that I could ever take myself completely out of gymnastics. I hope through 1986 it will be as a competitor. At least that is what I am aiming for. It is really weird because in the last few months even though I have had an injury, something has kind of changed in me. It's like the little alarm in me went off and said, "Okay it's time." And I went through a period of time where I got scared and I don't just want to hang on it's almost like I was in hibernation for about a year and just wanting it out and now it's time for it. It wasn't like a mental thing, I decided it was about physical. A little alarm said okay let's go. So it's been a little frustrating with the injury because I've been wanting to go full speed. Now, it's working out, so I hope through 1986 it's going to be competitive gymnastics.

Then I hope to move into coaching at the national level. I've coached ever since I've been in gymnastics, really whether it was in my head or actually talking with someone. I can't watch a performance without analysing it, and I say to myself what I would say to them. I don't know if I was practicing or whether it was just out of habit, because for so long, I kind of basically coached myself. So I always had to tell myself what I was doing wrong, or what to go and do to improve it. So now that I actually have a team, I can come right out and really coach, and I love that.

I want to stay involved in the national program and work with the national schools. Hopefully judging also. I have no real thought about judging, but we do need gymnasts to keep going in that direction. We need some gymnasts involved in judging because we have a lot to offer some new ideas.

Now about the short range future, are you going to rehabilitate your injury and come back for dual site nationals in California Springs?

It would have to be the second one. For one thing, there is really no reason for me to push before then. I don't want to go back until I'm better than I was last time I went. A few years ago I would have pushed, but I don't think now that would be a wise decision. When I go back I want to be better. However long it takes. Definitely I have to go through the 2nd trial, and I want to compete in a couple of meets before that in case to get warmed up and get going. By USA Championships I will be full strength, and I'll do whatever it takes to do that.

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CALENDAR

April 1	USA vs Canada (Junior) Men Colorado Springs, Colorado	July 1 - August 1 Senior Training Camp (men) Colorado Springs, Colorado
April 7-9	NCAA Women's Championships Salt Lake City, Utah	July 1-18 World University Games (men & women) Edmonton, Alberta, Canada
	NCAA Men's Championships State College, Pennsylvania	July 16-21 Junior Development Camp Colorado Springs, Colorado
April 15-17	Class I Regional Championships Various sites	July 29-Aug **World Championship Team Trials (women) TBA
April 25	*Emerald Cup Eugene, Oregon	August 16-27 Pan American Games (men & women) Caracas, Venezuela
April 21-23	*USA vs USSR Dual Meet (men & women) Los Angeles, California	August 25-28 USA International Gymnastics Invitational (men & women) Los Angeles, California
April 25-26	Board of Directors Meeting Fort Worth, Texas	September 10-17 **World Championship Team Trials (men) TBA
April 29-30	Class II Eastern/Women's Championships Various sites	October 6-8 USGF Coaches Congress Washington, D.C. area
April 28-30	World University Games (men & women) Colorado Springs, Colorado	October 14-15 Pre World Championship Dual meet TBA (Western Europe)
May 1-7	Hajicell Games Tel Aviv, Israel	October 25-30 World Championships Budapest, Hungary
May 12-14	Jakar Olympic Nationals (women) Colorado Springs, Colorado	November 2-10 FIG Congress Strasbourg, France
May 15-14	USGF Men's Team Tournament TBA	November 10-15 Rhythmic World Championship Strasbourg, France
May 19-21	2nd Elite National Qualifying (men/women) Colorado Springs, Colorado	January 1984 — TBA ie Elite Qualifying Meet TBA
June 2-5	Asia Gold Cup The Hague, Holland	May 17-19 McGraw's Championships of the USA (men & women) TBA
June 3-5	McDonald's Championships of the USA (men & women) Chicago, Illinois	June 19-26 Olympic Trials TBA
June 23-25	USA Junior Olympics (men) Eugene, Oregon	July 28 OPENING CEREMONIES — 1984 Olympic Games Los Angeles, California
June 24-July 3	National Sports Festival (men & women) Colorado Springs, Colorado	July 29 - August 5 Olympic Gymnastics Competition Pauley Pavilion, UCLA Campus
June 27-July 9	Junior Summer Training Camp (men) Portland, Oregon	

TBA — To Be Announced.

*tentative, either because of sensitive negotiations or television negotiations.

**The World Championship Trials rates and dates will be finalized pending television negotiations or sponsor guarantees.

USGF EQUIPMENT POSITION STATEMENT

NOTICE: A communication dated December 7, 1982 informed from the USGF concerning the proposed USOP Equipment Position Statement was not official. The communication was subsequently rescinded. The doing listed publications to officially announce and inform the

gymnastics community of large size USGF GYMNASTICA Magazine and USGF Technical Journal. The official USOP Information regarding gymnastic equipment may be found in USGF Match Program—Guidelines and Coaching Manual and USGF Women's Rules and Policies.

THE 1984 USA MEN'S OLYMPIC/ NATIONAL TEAM COACH

*The length of service would be from January 1, 1984 until December 31, 1984.

*Main responsibilities would include serving as head coach of all USA Team functions during years of service (team training camps, exhibitions, etc.).

*Additional responsibilities would include:

1. Choosing assistant coach with approval of MPC.

2. Coordinating athletes and personal equipment selection and living in cooperation with the USGF office.

3. Maintaining regular contact with the athletes in order to establish rapport and assessment of mental and physical well being.

4. Maintaining regular contact with the National Programs Director [Miss Watson].

5. Enforcing USOP rules and regulations with regard to conduct of team members.

6. Making recommendations to the MPC with regard to team selection for competition, for which specific awards were not designated.

7. Making recommendations to the MPC and USCP offices with regard to team preparation and travel related to competition and/or training camps which would be designated.

8. Preparing comprehensive reports of activities and experiences of the U.S. team during the coach's tenure.

*In the future, a USA Team Coach will be selected each year from the following applicants:

1. Coaches who applied the previous year and wish to be considered again.

2. New applicants

3. The head coach from the previous year if he elects to reapply.

*The time limit for the selection process is as follows:

1. All applications must be received by May 15, 1983.

2. The review process would be completed by June 1, 1983.

3. The USA Men's Olympic Coach/National Team Coach for 1984 would be announced at the USA Championship site.

4. The USA Men's Olympic Coach/National Team Coach would serve in full capacity until December 31, 1984 of that year.

The selection will take place in the MPC meeting on June 3, 1983, during the March USA Gymnastics.

*Final application for:

Les Harvey
Chairman Men's Program Committee
10409 Geneva Ave.
Glendale Hills, Ca 91144

USGF FUND RAISING SERVICE

Just about a year ago, club coaches were faced with two difficult tasks — coach and fund raiser. They had no choice but to hang up their coaching hats once or twice a year to do their fund-raising cap. Demanding less time from coaches, doing the necessary paperwork, tracking down donors, legging the money received, and all the sundry tasks associated with Fund Raising, takes up a large portion of valuable time.

But now there is an alternative. Coaches can use Fund Raisers, Inc., the official fund raising service of the USGF. Fund Raisers raises funds through "in-homes." Any kind of a party that a coach wants to do. Fund Raisers does them from scratch, a coach to coach. Fund Raisers can raise from \$1,000 to \$200,000 for any club or organization with minimal involvement by the coach.

The procedure is simple. The club chooses Fund Raisers on the day of the first Fund Raisers takes it from there. They handle the complete event from beginning to end, including all planning, assembly, marketing, organization, accounting and disbursement of collections and reports. Two weeks before the event Fund Raisers sends for pledge cards in the club or organization and the coach distributes them to the parents. The kids make pledges for each event or item that they will do in their homes.

After the event, Fund Raisers handles all the counting and record keeping and supports the club with a comprehensive protocol of the collection as well as a check. The club receives full percent money due plus a processing computer time, postage and accounting fees. Fund

Raisers receives 20 percent minus the portion which goes to the USGF for the national gymnastics program.

"Fund Raisers is a must for any gym club," says Ed Schlesier, president of Fund Raisers. "We have the experience and the tools to make their fund raising easy and profitable."

The biggest advantage to Fund Raisers, according to Schlesier, is the reduced work load on the part of the club or organization so that it's easier on financial aid to the club and the high collection ratio of 80-90 percent.

The high collection ratio produces large profits. In producing parties, the club can usually count on raising \$50,000 for each participant, but some clubs have much more. Several gyms have raised over \$100,000 for their club. Tom and Paul Mueller, owners of Mountain Glades Academy, The club did by raising up 100 sponsors and doing 200 collections in 10 minutes. "I called a local TV Miss and Dad's Club. I didn't say 'come to a carnival,' they pay you for whatever you do," she explained.

In the last several months, clubs using Fund Raisers have received such high pledges of \$17,000 at Willow Gymnastics Club, \$12,000 at High Desert Gymnastics and \$12,000 at Spinn Gymnastics Club.

Fund Raisers can be reached at (502) 269-4940 or by writing Fund Raisers, Inc., 1616 Spring Street, Louisville, KY 40203. N. Westminster Rd., #104, Westminster, CO 80030.



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WOMEN'S ARTISTIC GYMNASTICS 1984 SUMMER OLYMPIC GAMES SELECTION PROCEDURE

I. QUALIFICATION

A. Qualification to the Championships of the USA is through the USGF Elite Regional Zone meets, and then the USGF American Classic or US Classic (First or Second Elite National Qualifying Meet).

1. The American Classic is tentatively scheduled for January 1984.

2. The US Classic is tentatively scheduled for April, 1984.

3. The eight (8) members of the 1983 World Championships Team will automatically qualify into the 1984 Championships of the USA.

C. Based on the All Around results from the 1984 Championships of the USA (combined compulsory and optional totals), the top twenty (20) Senior gymnasts will qualify into the Final Trials.

D. The 1984 Championships of the USA are tentatively scheduled for May 17-19.

E. Injuries to enter the Trials will be accepted with regard to injury illness, or representing the USA in an international competition during the three year period as Championships of the USA.

II. FINAL TRIALS

A. Competition at the Trials will be All Olympic compulsory exercises on the first day and All optional exercises on the second day. Final scores from the Trials competition will be determined from the combined total score of the eight (8) exercises.

B. The Final Trials are tentatively scheduled for June 15-16, 1984.

III. TEAM SELECTION

A. The All Around scores from the Championships of the USA will count 40% and the All Around scores from the Trials will count 60% in determining an individual's overall final placing for the Olympic Games team selection.

B. Based on the combined total All Around scores from Championships of the USA and the Trials, eight (8) gymnasts in rank order will be invited to participate in the Olympic Games. Gymnasts 9-14 will be assured a starting position. Gymnast 15 will compete in a dual international competition immediately prior to the Olympic Games to help determine the 9th and 10th starting positions and also to help determine the rank of the others. Only one (1) absence will be part of the official obligation.

C. According to the FIG Technical Assignment series (75) gymnast at the official team rate.

D. Replacement of a team member will occur only due to serious injury.

E. Injuries during the 1984 Olympic trials will be accepted only in case of illness or injury which prevent the gymnast from competing in or finishing the Final Trials. The greatest care must be given to the trials and meet to help determine who the Final Trials and must be a former World Games team member. She must be ranked to enter the top 8 individuals

area or the top 10 All Around World Class gymnasts. Positions will be determined by the USGF Women's International Program Committee.

IV. TEAM TRAINING

A. Training Camp will be required for the team members.

B. The 1984 Summer Olympic Games will take place from July 30-August 12 in Los Angeles, California.



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WOMEN'S ARTISTIC GYMNASTICS -1983 WORLD UNIVERSITY GAMES SELECTION PROCEDURE

I. QUALIFICATION

- A. To qualify to compete in the World University Games (WUG) held in the eligible gymnasts must be registered as a full time student in the 1983-84 NCAA competitive season she must complete the NCAA season, and compete in the NCAA Championships.

- B. NCAA Championships are scheduled for April 29-30, 1983 at the University of Utah, Salt Lake City, Utah.

- C. Gymnasts will advance to the Final Trials based on the following:

1. Top ten (10) Division I gymnasts in rank order based on the 1982 NCAA Championships.
2. Up to ten (10) "wild card" gymnasts from my competitive program by petition. This includes:
 - a. Gymnasts from NCAA Divisions II and III.
 - b. Gymnasts from Pan American Association of Intercollegiate Athletes (PAIA).
 - c. Gymnasts from National Junior Collegiate Athletic Association (NJCAA).

4. 1982-83 graduate students who are no longer eligible for the NCAA.

5. NCAA Division II and III, NJCAA and NJCAA gymnasts' scores will be derived from their AA scores in their respective 1982 Championships.

6. Trainers and gymnasts who do not compete in a collegiate program that derive their scores from the USA or Zone Qualifying Meet and the USGF or Blue National Qualifying Meet.

8. The first Zone Meet will be held for each region on the weekends of October 3-4, 10-11, or 17-18, 1982.

9. The last Blue National Qualifying Meet will be held in Colorado Springs, Col. on Sunday January 15, 1983.

10. Gymnasts entering these three meet must qualify scores for the purpose of obtaining a score for the WUG Trials and deduction on their scores entry them. These competitive gymnas will compete optional exercises only.

3. Gymnasts injured or ill during the NCAA Championships by competitive results prior to April 29.

2. All performers must be registered or better than the results (1982) place AA scores from the NCAA Division I Championships.

- + Performers to participate in the Trials will be considered based on the gymnast's most recent past performance. In general all legitimate national non-competing or international touring. The decision will be made by the 1983 WUG Committee for Women.

- R. In the event that there are insufficient girls from AA up to 10 (gymnasts) problems, based on the AA scores from NCAA Division I Championships, the next generation rank order will be invited to compete in the (10) places.

- S. Valid previous year AA the entry up to a maximum of twenty (20) competitors.

II. FINAL TRIALS

- A. Women (10) women (10) gymnasts advanced above will qualify to the Final Trials.

- B. The Trials are scheduled for April 29-30, 1983 at the Olympic Training Center in Colorado Springs, Colorado.

- C. Competition at the Trials will be optional all around competition.

III. TEAM SELECTION

- A. The USA Women will consist of the top six (6) placing gymnasts in the Trials, based on the All Around results in rank order.

- B. A gymnast on the USA Women team will be placed only due to injury or non-compliance with WUG/USGF competition and training regulations.

IV. TEAM SELECTION

- A. The All Around scores from the Championships of the USA will count 60% and All Around scores from the Trials will count 40% in determining an individual's overall total placing for Pan American team selection.

- B. Based on the combined total AA (around 300.000) from Championships of the USA and the Trials (as explained above), seven (7) entries in rank order will be invited to participate in the Pan American Games.

- C. Alternate reserve gymnasts will be selected. However they will not attend the Pan American Games.

- D. Replacement of team members will occur only due to serious injury.

V. TEAM TRAINING

- A. Training camp will be required for the team members.

- B. The Pan American Contingency manager will be comprised of the Pan American Games.

- C. The Pan American Games will take place in Caracas, Venezuela from the 14-29 of August, 1983.

WOMEN'S ARTISTIC GYMNASTICS -1983 PAN AMERICAN GAMES SELECTION PROCEDURE

I. QUALIFICATION

- A. Qualification in the Championships of the USA, is through the 1st or 2nd place national qualifying meet.

- B. The 1st National AA Qualifying Meet is scheduled for January 13-15, 1983 at the Olympic Training Center in Colorado Springs, Colorado.

- C. The 2nd National AA Qualifying Meet is scheduled for May 10-12 at the Olympic Training Center in Colorado Springs, Colorado.

- D. Based on the All Around results from the 1982 Championships of the USA (combined compulsory and optional totals) the top twenty (20)

- A. Senior gymnasts will qualify to the Final Trials.

- C. The 1982 Championships of the USA will take place on June 5, 6, 7, 8, in Chicago, Illinois.

- D. Gymnasts to enter the Trials will be accepted subject to injury, illness or replacement by the USA to international competition during the same time period in Championships of the USA.

II. FINAL TRIALS

- A. Competition at the Trials will be AA Olympic compulsory exercises on the first day and AA optional exercises on the second day. Final scores from the Trials competition will be determined from the combined total score of the eight (8) exercises.

- B. Gymnasts injured or ill during the Trials will be replaced by competitive results prior to April 29.

- G. Preparing comprehensive reports of the activities and experiences of the USA team during the coach's tenure.

VI. THE COACH

- A. All applications must be received in the USGF Office by February 1, 1983.

- B. The reviewing process will be completed by February 15, 1983.

- C. Applications are to be sent to:

- Reverie Hall
National Women's Program/Contingency
Secretary
USA Gymnastics/Dynamics Division
PO Box 5646
Brentwood, Texas 76113

THE 1983 USA PAN AMERICAN GAMES WOMEN'S TEAM COACH

1. Length of service will be for the 1983 Pan American Games period.

- A. The USGF Pan American Games Team will not start in July, 1983.

- B. The Pan American Games will take place from August 14-29, 1983 in Caracas, Venezuela.

- C. The main responsibilities will include serving as head coach in the Pan American Games Training Camp and the Pan American Games.

- D. Additional responsibilities will include:

- A. Choosing an assistant coach with the approval of the USGF Women's International Program Committee.

- B. Overseeing uniform and personal equipment

- A. Selection and living in conjunction with the USGF office.

- B. Maintaining regular contact with the office in order to establish rapport and awareness of financial and physical well being.

- C. Maintaining regular contact with the National Women's Program Coordinating Secretary (Rocky Hall) and the USGF Office.

- D. Ensuring USGF rules and regulations with regard to the conduct of the team overseas.

- E. Making recommendations to the USGF and the USGF Office with regard to team preparation and travel related to the Pan American Games and training camp.

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the USGF GYMNASTICS Magazine and TECHNICAL JOURNAL — INTERNATIONAL GYMNAST; the FIG BULLETIN and the main page of various USGF state associations have all helped upgrade communication within the community.

However, one fact about the community is that the omnipresent manner-null constantly creates our source after source of misinformation and even disinformation. The phone lines run hot each night with people passing what they "perceive" as reality, when in many, many cases that facts are many times a lot of unfounded bad noise floating the air with opinion, half-truths, speculation or just plain gossip. Others are outright lies. American politicians are a crack lot to deal with at times.

The USGF national office has, of late, received a lot of heat — and some of it is well deserved. Mistakes have been made, and admitted. They were not hidden, as has been speculated in rumors after rumor. Instead, for a change let's examine some facts.

In examining the three year progress of the USGF under the Coates administration, many positive policies have been reached, expansion and service to the entire gymnastics community have been the benchmarks in philosophy.

Most importantly, both the men's and women's national teams are healthy and more competitive in the elite ranks of international competition than ever before. Not ideal perhaps, but optimism in LA-84 approaches is real. Our gymnasts are talented and experienced, the teams have never been richer in depth, and both USA individuals and teams have won successive worldwide.

These programs, and their growth and success, have been fostered by a financial continuation of the following. The national sponsorships with McDonald's, Aco-Fitger, Danas and Aloe Vera are unprecedented. In hard dollars annually, they contribute approximately \$350,000, while in behind the line dollars (marketing exposure and national team uniforms), there exists a potential of close to one million dollars. In the previous 17 odd years, only one sponsor, Amoco-Dial, was a national sponsor for only two years. (Gym-Lite was a national apparel sponsor for about the same length of time.)

The sponsorship with McDonald's also has the potential to benefit American gymnastics perhaps more so than either the "Giga or Nada Bonus" following the 1972 and '76 Olympics. The real keystone to Olympic Gold is growth inside the entire gymnastics pyramid, and the USGF/McDonald's Head Over Heels program could foster growth in gymnastics' grassroots as never before. The potential is mind-boggling, but its full effect may not be fully felt or determinable until 6-10 years down the road.

Another service directed towards the grassroots is that of the USGF Membership program and its related benefits in the last 70s, insurance loomed as a destructive force in the sport, but in cooperation with Italy, Martin & Fay of San Antonio, Texas, club owners/coaches can once again operate in a protected environment. This magazine is also a direct benefit of the Membership program as are available monies to direct state/regional operations, and the USGF Technical Journal.

In recent years, the number of international exchanges has doubled, with the growth of competition ensuring US gymnasts the opportunity to gain invaluable international exposure and experience both traveling overseas and at home. This increased number of competitions has directly resulted in increased television revenue, while TV has in turn increased gymnastics' national public exposure and awareness.

Lastly, America's gymnasts now have at their disposal a state-of-the-art gymnastics training gym made available at no cost to the USGF by the U.S. Olympic Committee located in Colorado Springs, Colorado. In the near future, a USGF training coordinator will be located at the Olympic Training Center to establish a full time program of developmental clinics and camps as well as establishing a post-graduate senior national team training program. The USGF's programs also benefit directly from the success of the USOC's Operation Gold program, which makes available training monies for athletes who qualify.

In all, these many and varied accomplishments are unprecedented for gymnastics — the potential is even greater — the future remains bright.

The recent years have seen the USGF grow tremendously in size with the new philosophy of expansion and greater overall service. And with this growth, the USGF has and will be suffering from growing pains. It comes with the territory. The 1981-82 fiscal year showed a deficit. It is scary, but not manageable and the '82-'83 first quarter is now at a break even point. In these remarkable years that deficit could have been worse but USGF growth and development continued. Deficit spending is a reality in today's world economy. No one likes it, it is harmful and dangerous, but cities, states, banks and business and even countries end up deficit spending. Personally my Dunes Club card is a statistic. The 1980-81 USGF fiscal year has revenues totaling 1.7 million dollars, today including the gross membership revenues, the revenue has tripled to \$4.1 million. Deficits have existed, but a budgetary increase of 2.4 million dollars annually should not be overlooked or misconstrued with names and constant gibbons.

Economics and finance can be forever debated. The world's best economists are having a terrible time getting a grip on money matters today. Bankruptcies are numerous in small business, major airlines, top corporations and banks. When the facts surrounding the USGF are investigated and evaluated, one finds there is another side to their ledger. A myopic view toward anything is dangerous. The bottom line must always remain the same, are the children and the athletes benefiting more today than in the past? The answer is, "Yes," and the potential is even greater.

Waco Black

Editor

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